

THIS IS MY

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RLD

MY NAME:

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# THIS IS MY WORLD

***Sima Zadeh & Lori Wiener***

We are so pleased to share with you the second edition of *This is My World*. We would like to acknowledge both the generous staff support and funding provided by the NIMH Intramural Program. Our gratitude is also extended to all the children who so thoroughly reviewed the pages of this workbook so that it would have the most meaning for other children living with a medical illness.

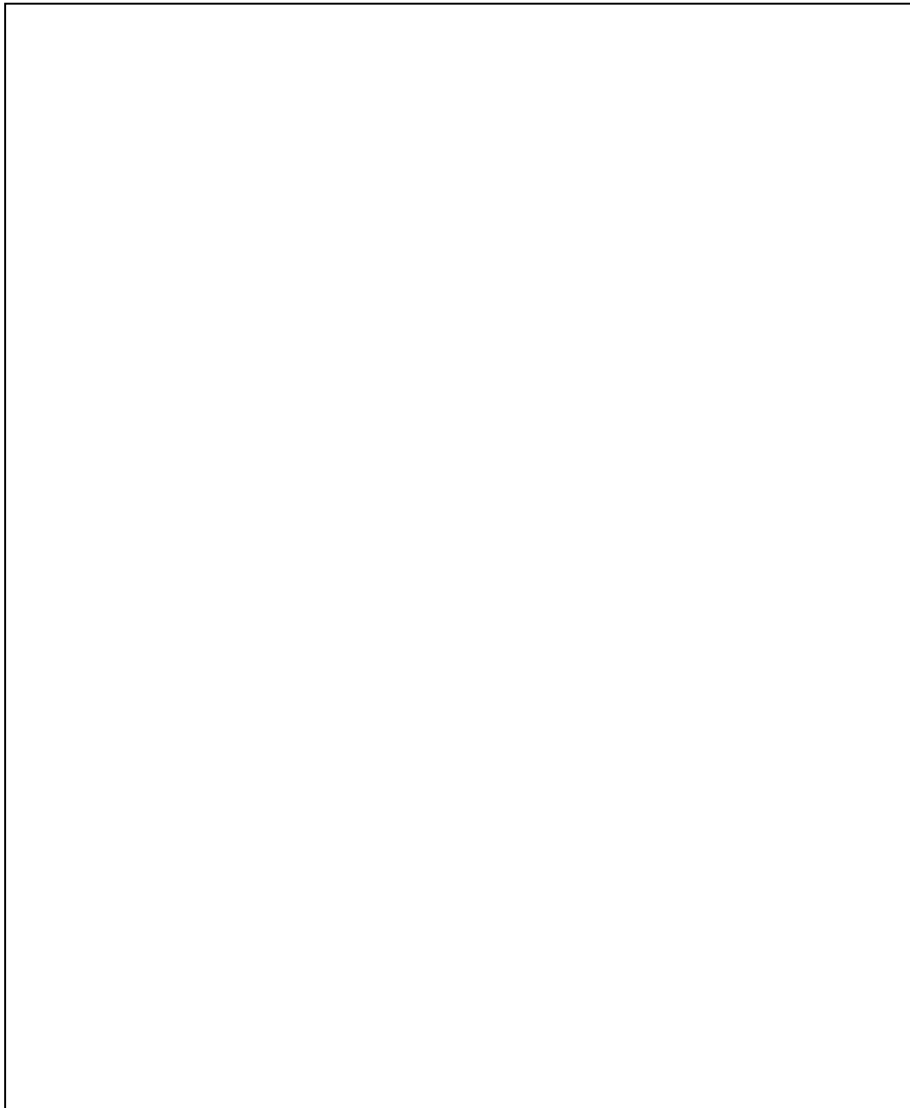
This workbook has been created as a psychotherapeutic tool for therapists to use in working with children and adolescents who have been diagnosed with a medical illness. The activities included in this workbook were designed to facilitate rapport building and contribute to discussion surrounding the various aspects of the child's life, including: views on self, family, friendships, school, illness, and the future.

It is advised that therapists utilize the workbook at a slow pace, encouraging verbal interaction and a more thorough discussion of the different concepts that are presented. This way, the workbook can be successful in identifying problems, eliciting concerns, and expressing frustrations, hopes, dreams, and/or anxieties.

Most importantly, keep in mind that this is the child's own book about him/herself. The time and effort they put into completing the pages should be encouraged and should be viewed as something to feel proud of. Therapists are encouraged to have a variety of colored pencils, crayons, and/or markers available so that children can be as creative as they wish. In the future, children and adolescents, and/or their families, will be able to refer to this work as a glimpse of the journey of living with their illness.

# THIS IS ME

Draw A Picture of Yourself or Attach a Photo:



Some words that describe me are:

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# All About Me

My name is \_\_\_\_\_

My nickname is \_\_\_\_\_

I'm \_\_\_\_\_ years old. I'm in \_\_\_\_\_ grade at \_\_\_\_\_

The color of my eyes is \_\_\_\_\_ The color of my hair is \_\_\_\_\_

My Mother's name is \_\_\_\_\_ My Father's name is \_\_\_\_\_

The people who take care of me are \_\_\_\_\_

The people who live with me are \_\_\_\_\_

The pets that live with me are \_\_\_\_\_

When I grow up I want to be a \_\_\_\_\_

One good thing about me is \_\_\_\_\_

I am really good at \_\_\_\_\_

One thing that is different about me from other people is \_\_\_\_\_

The hardest thing that I have done \_\_\_\_\_

I am thankful for \_\_\_\_\_

One thing I would like to teach people is \_\_\_\_\_

Your local newspaper wants to write a story about you. What are 5 important things about you they should know?



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# My Favorites

DRAW A PICTURE OF SOMETHING YOU LOVE!!

Color: \_\_\_\_\_

Game: \_\_\_\_\_

Animal: \_\_\_\_\_

Sport: \_\_\_\_\_

Hobby: \_\_\_\_\_

Food: \_\_\_\_\_

Dessert: \_\_\_\_\_

Singer/Musical Group: \_\_\_\_\_

Person: \_\_\_\_\_

Book: \_\_\_\_\_

Movie: \_\_\_\_\_

Movie Star: \_\_\_\_\_

Place: \_\_\_\_\_

Gift: \_\_\_\_\_

Person in Office/Hospital: \_\_\_\_\_

\_\_\_\_\_

My favorite memory is \_\_\_\_\_

\_\_\_\_\_

# Someone I Admire



The person I admire most is \_\_\_\_\_

I admire them because \_\_\_\_\_

I know this person from \_\_\_\_\_

Three of their best qualities are 1. \_\_\_\_\_

2. \_\_\_\_\_

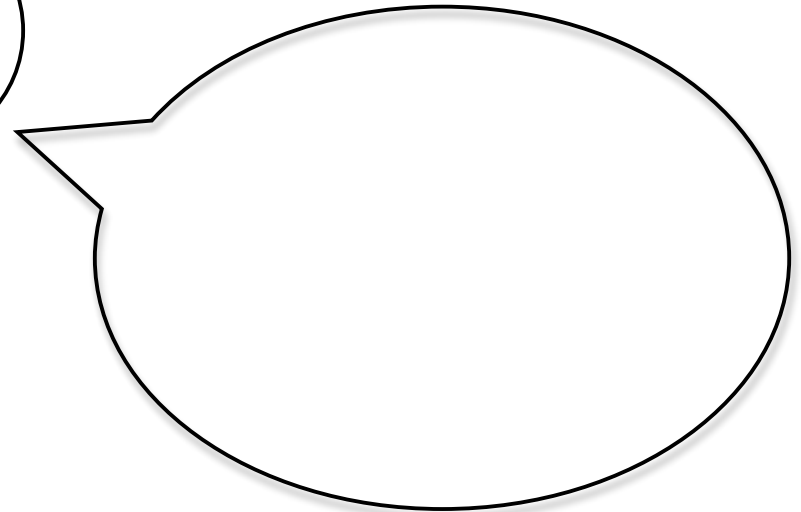
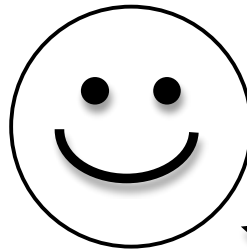
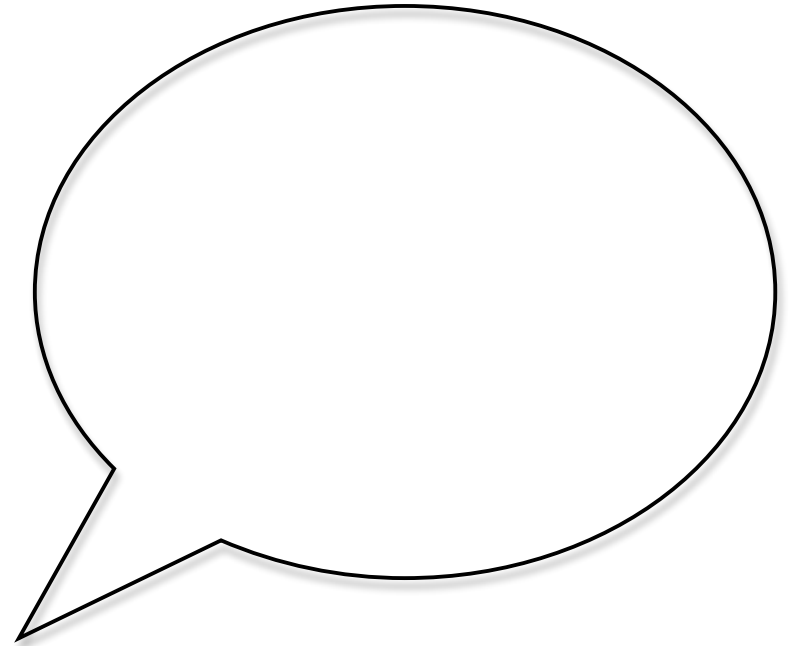
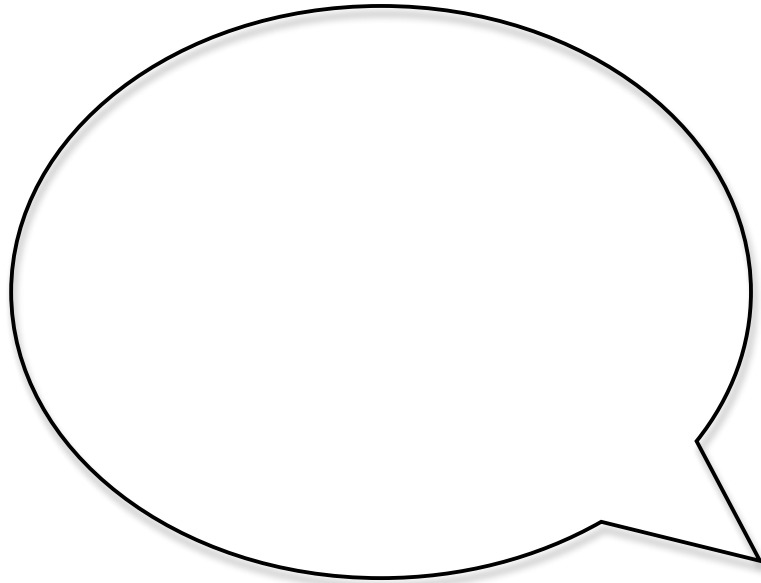
3. \_\_\_\_\_

Something people could learn from this person is \_\_\_\_\_

\_\_\_\_\_

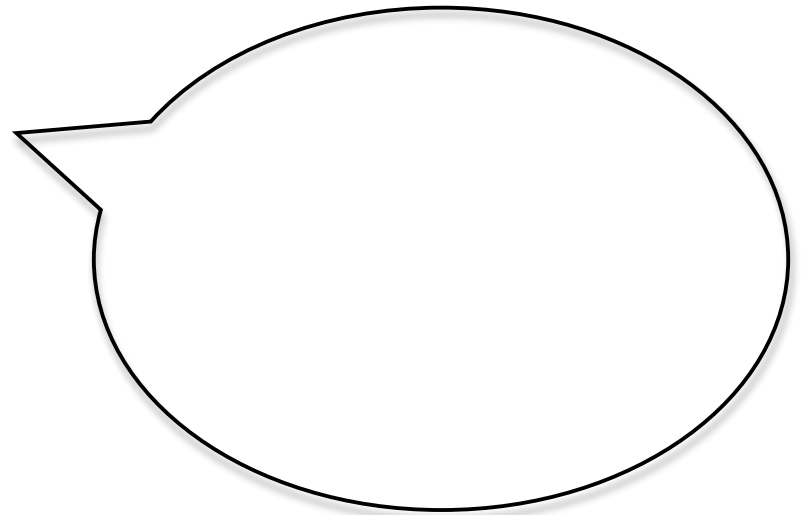
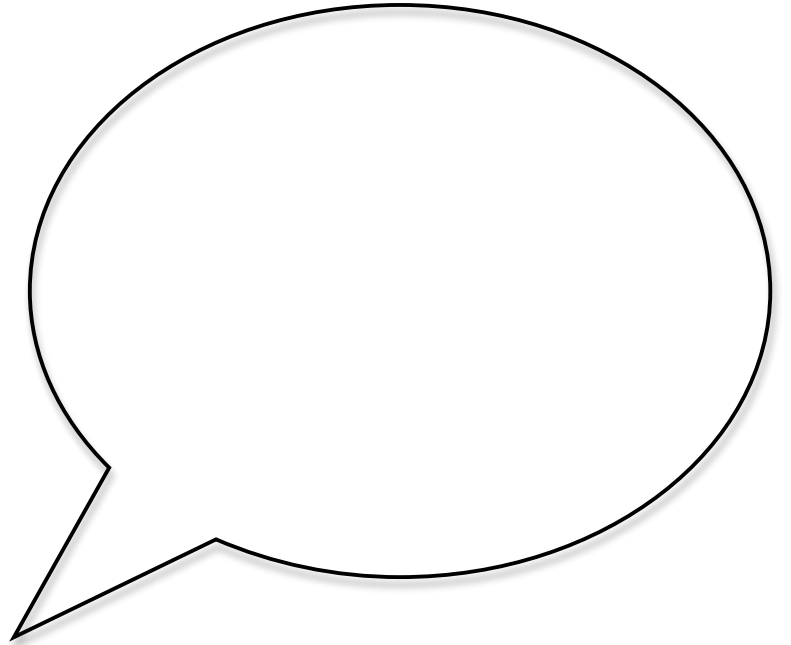
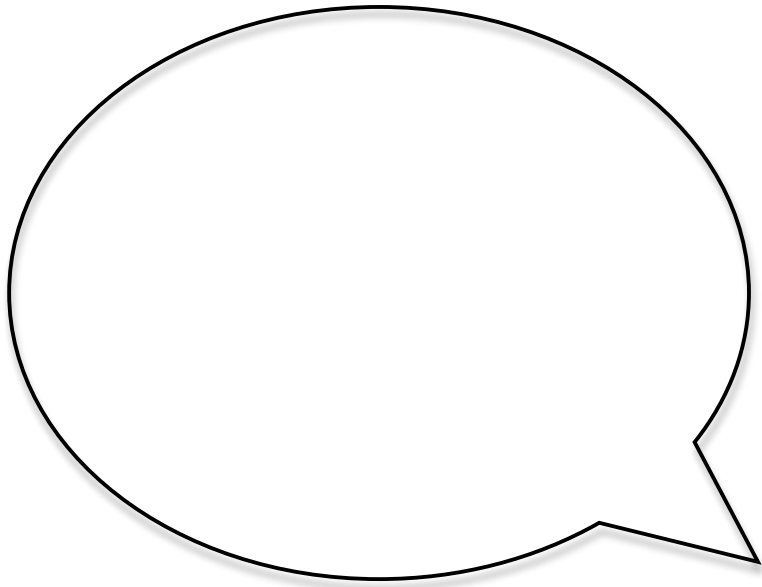
If you could give this person an award, what would you name the award \_\_\_\_\_

Thoughts I have when I feel happy are...

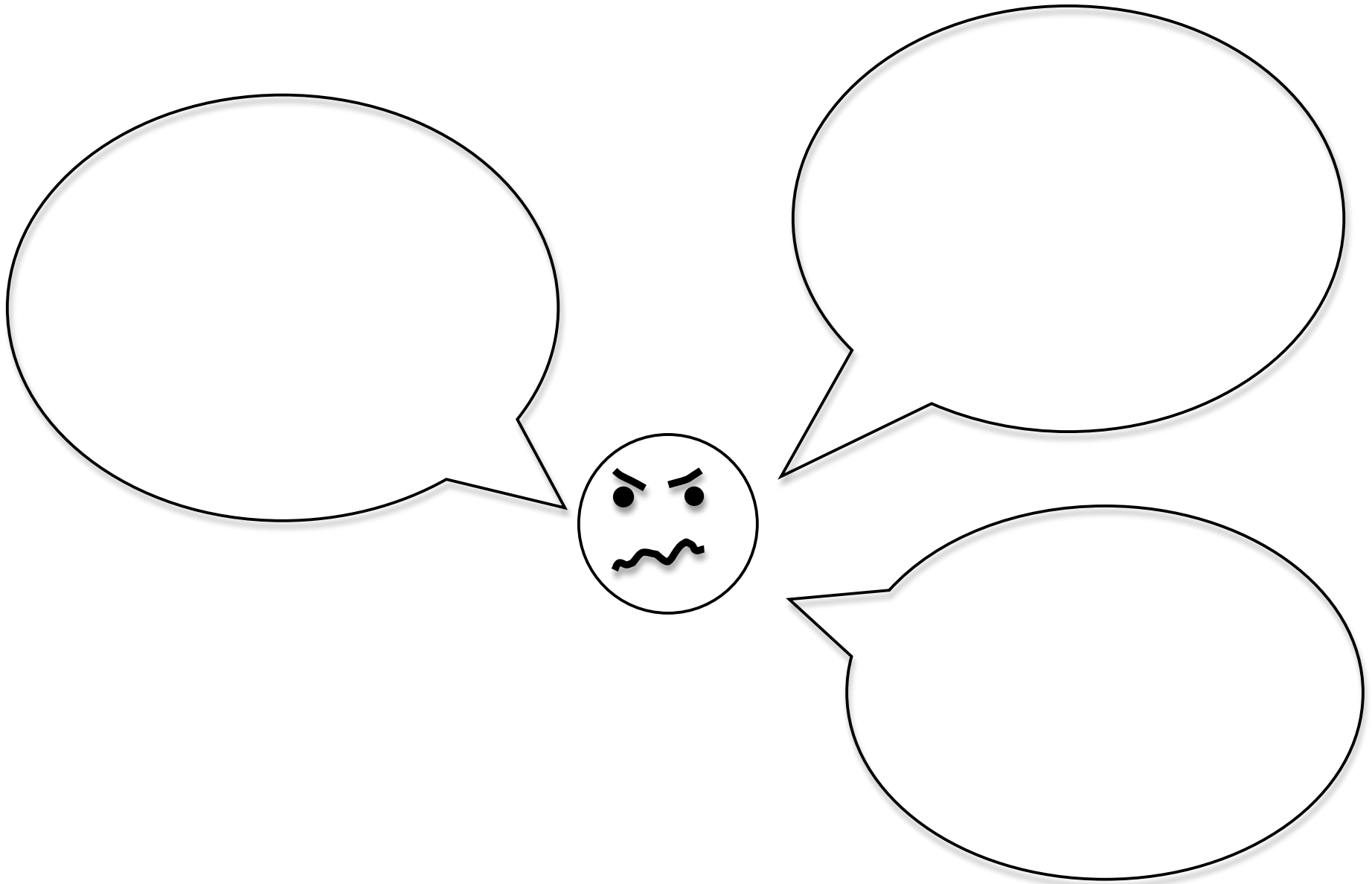




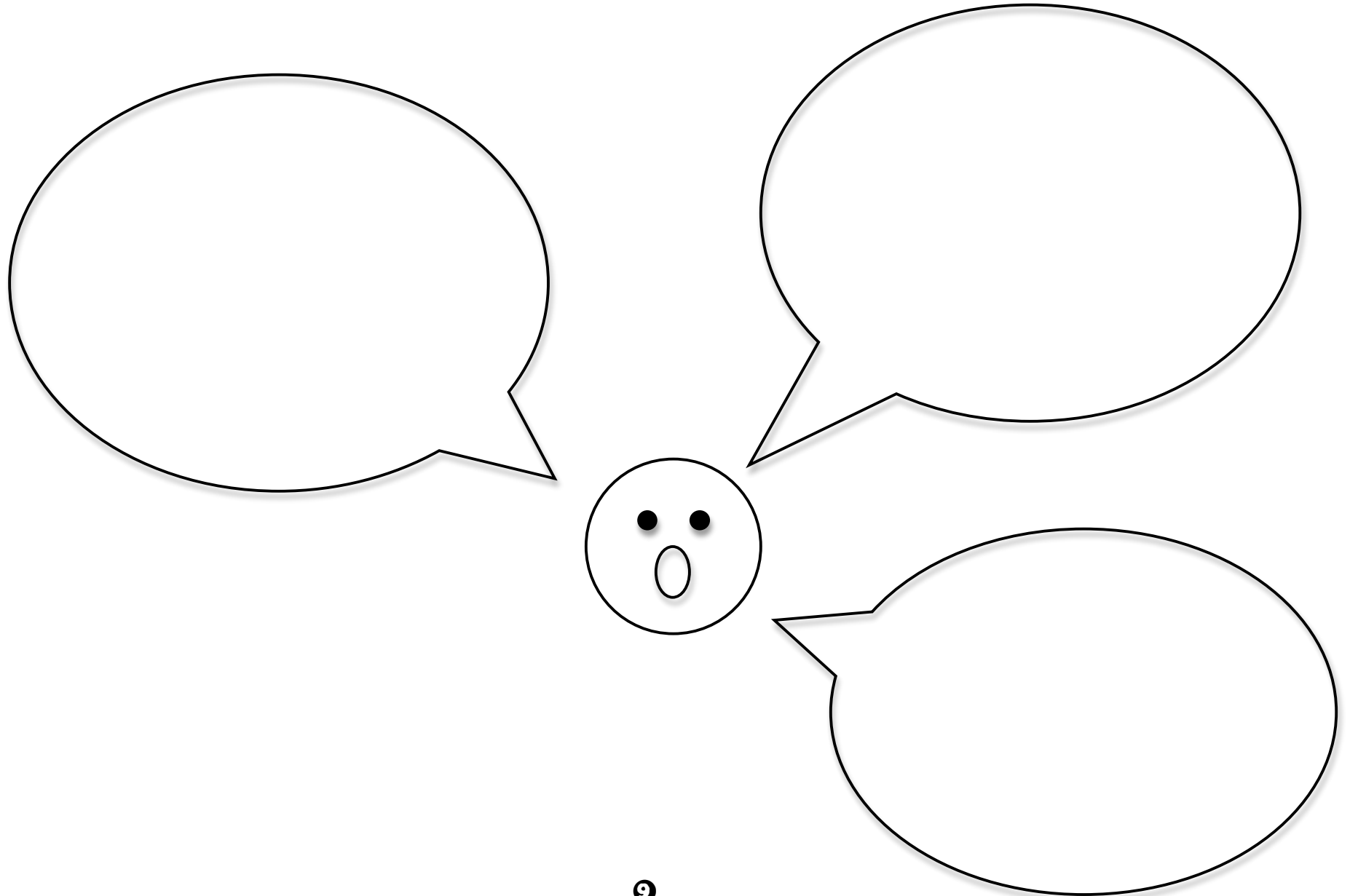
thoughts I have when I feel sad are...



THOUGHTS I HAVE WHEN I FEEL ANGRY ARE...



# THOUGHTS I HAVE WHEN I FEEL SCARED ARE...



# BOREDOM...



I get bored when \_\_\_\_\_

When I'm bored, I feel \_\_\_\_\_

Things I do when I am bored are:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

When I'm bored, I wish \_\_\_\_\_

People know I'm bored because \_\_\_\_\_

# My Feelings

One thing that makes me happy is \_\_\_\_\_

I can tell I'm happy when \_\_\_\_\_

I laugh when \_\_\_\_\_

One thing that makes me sad is \_\_\_\_\_

I can tell I'm sad when \_\_\_\_\_

I cry when \_\_\_\_\_

One thing that makes me angry is \_\_\_\_\_

I can tell I'm angry when \_\_\_\_\_

I feel embarrassed when \_\_\_\_\_

I feel frustrated when \_\_\_\_\_

One thing that makes me scared is \_\_\_\_\_

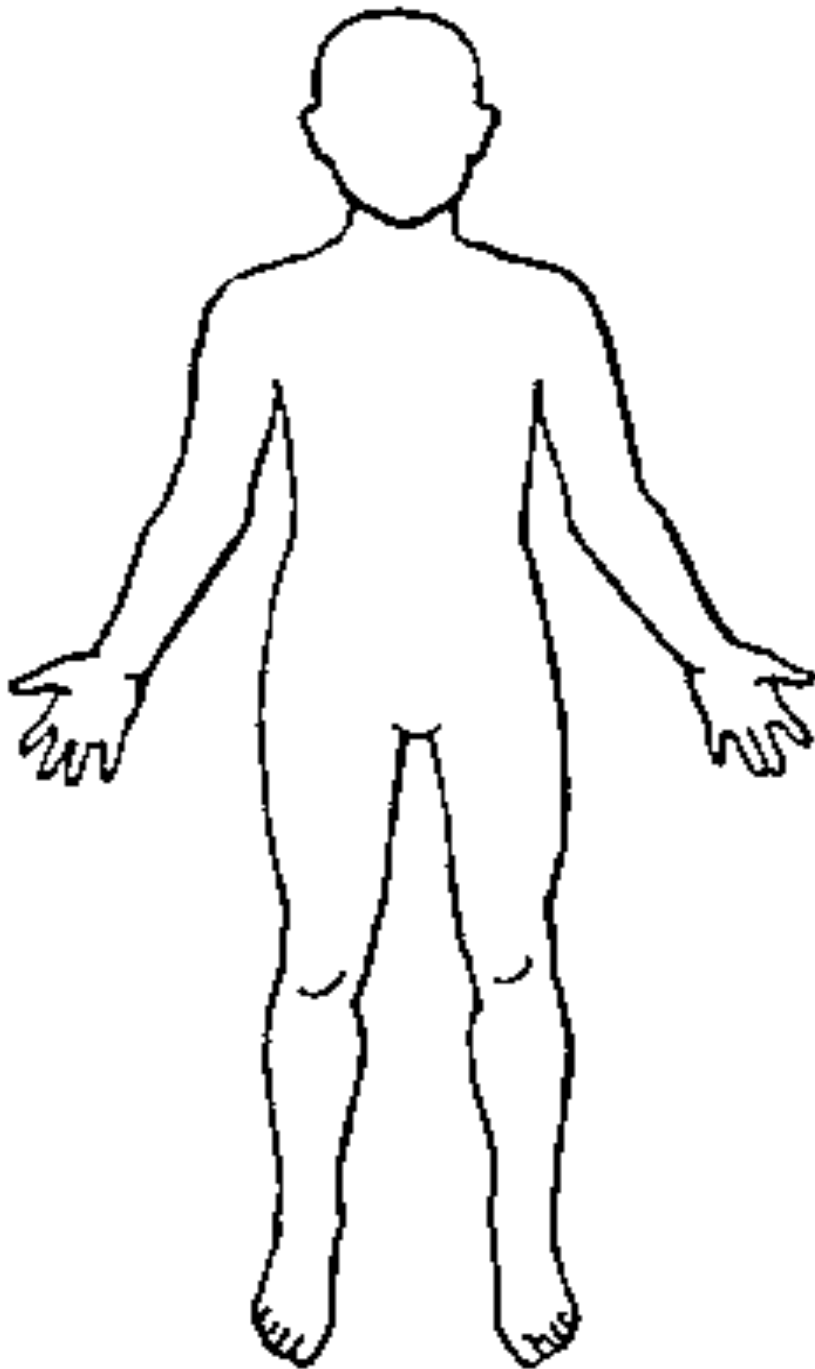
I feel brave when \_\_\_\_\_

I feel nervous when \_\_\_\_\_

I feel most alone when \_\_\_\_\_

I feel excited when \_\_\_\_\_

I feel calm when \_\_\_\_\_



Most people feel different things in different parts of their body. Assign a color or create a symbol to label the parts of your body where you experience the following feelings.

☐ Love

☐ Fear

☐ Happy

☐ Pain

☐ Hopeful

☐ Sadness

☐ Hunger

☐ Worry

☐ Boredom

☐ \_\_\_\_\_

☐ \_\_\_\_\_

# WHAT MAKES IT BETTER?

Write down what makes each thing better for you.

Being bored \_\_\_\_\_

Not feeling well \_\_\_\_\_

Disagreement with your parents \_\_\_\_\_

Feeling sad \_\_\_\_\_

Argument with a friend \_\_\_\_\_

Going to the doctor \_\_\_\_\_

Feeling alone \_\_\_\_\_

Being teased \_\_\_\_\_

Taking medicine \_\_\_\_\_

Feeling angry \_\_\_\_\_

Being scared \_\_\_\_\_

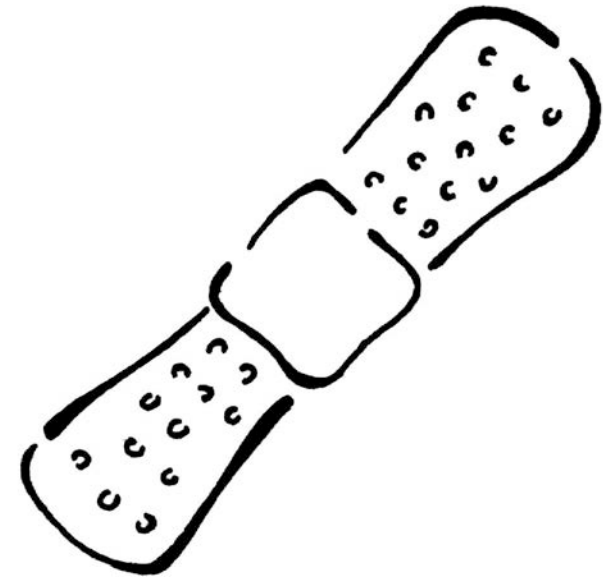
Feeling worried \_\_\_\_\_

Feeling tired \_\_\_\_\_

Missing out on activities \_\_\_\_\_

Being in pain \_\_\_\_\_

Feeling nervous \_\_\_\_\_



# A Safe Place

When you are feeling sad or nervous, it is often helpful to think about a place where you feel safe or happy. Some children think of the beach, a favorite spot in their house, or a dream vacation spot. Where do you feel safe? It can be real or imaginary. Answer the questions, then practice relaxing by closing your eyes and thinking about your safe place.

My safe place is \_\_\_\_\_

It makes me feel safe because it \_\_\_\_\_

Describe what your safe place looks like \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Describe any smells your safe place has \_\_\_\_\_

\_\_\_\_\_

What objects are in your safe place \_\_\_\_\_

Who, if anyone, is with you \_\_\_\_\_

What sounds do you hear \_\_\_\_\_

\_\_\_\_\_

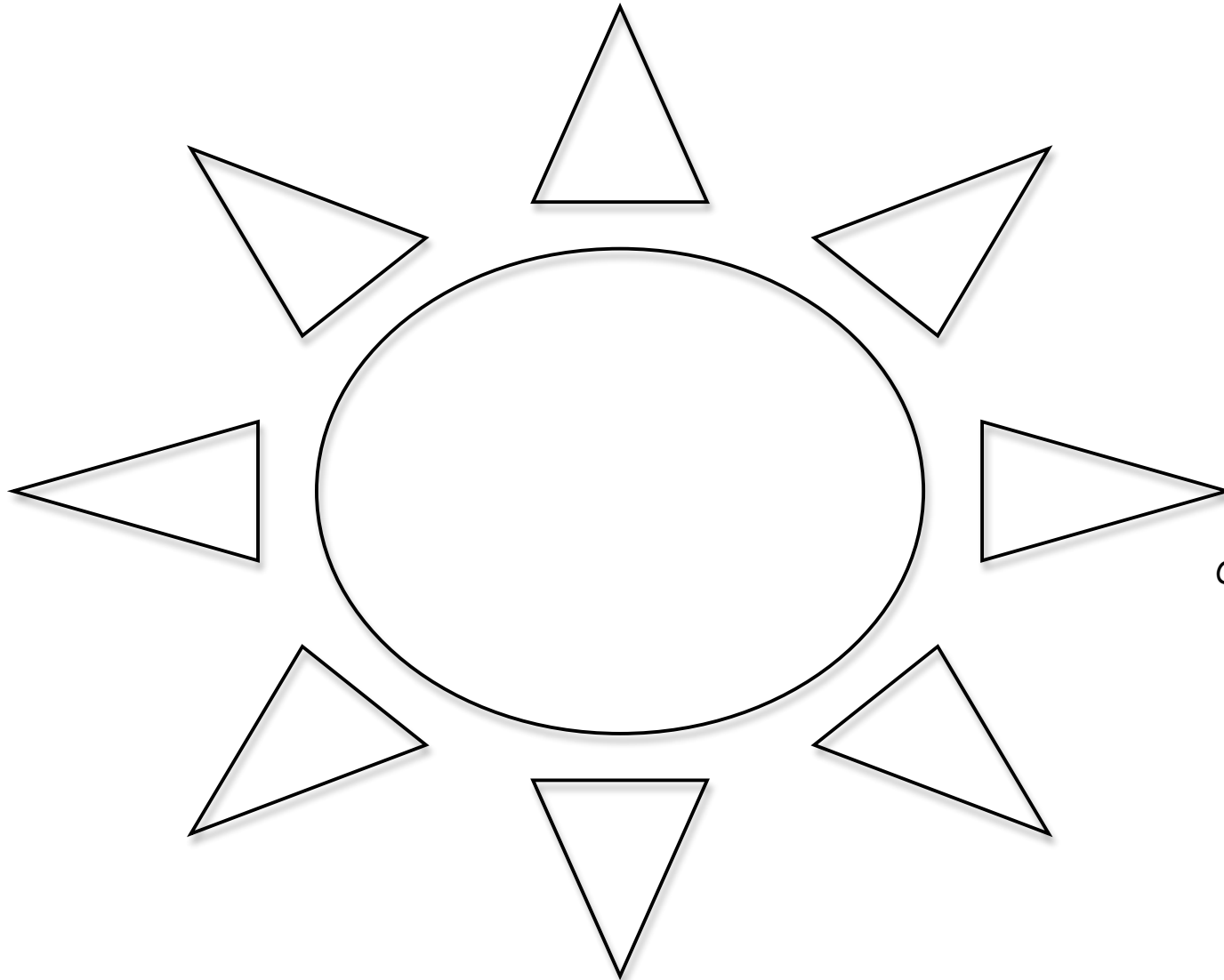


*Draw a picture of your safe place!*



Write the words that best describe you on the rays of the sun. You can use the words below or any other words you think of on your own. Write the words in the color that best matches those words.

Angry  
Bored  
Beautiful  
Cheerful  
Confused  
Curious  
Embarrassed  
Frustrated  
Happy  
Hopeless  
Jealous  
Loving  
Proud  
Sad  
Shy  
Smart  
Unsure



Anxious  
Brave  
Calm  
Confident  
Content  
Disappointed  
Excited  
Guilty  
Hopeful  
Hurt  
Lonely  
Overwhelmed  
Rejected  
Scared  
Silly  
Tired  
Worried

# I'm Good At...

Something I'm really good at is \_\_\_\_\_

I learned how to \_\_\_\_\_

I have been good at this for \_\_\_\_\_

I do this when \_\_\_\_\_

3 other things I am good at are \_\_\_\_\_

Some things I want to be better at are \_\_\_\_\_

If I would get a medal for anything, it would be for \_\_\_\_\_

If I could get a medal for anything, it would be for \_\_\_\_\_

Draw a picture of your medal:

# My Family

The people in my family are \_\_\_\_\_

\_\_\_\_\_

What I love most about my family is \_\_\_\_\_

My family's favorite thing to do together is \_\_\_\_\_

What I wish I could change about my family is \_\_\_\_\_

The funniest thing that ever happened to my family was \_\_\_\_\_

The best time my family had together was \_\_\_\_\_

My family is most proud of me when I \_\_\_\_\_

My family gets angry with me when I \_\_\_\_\_

This is how my family has changed since I got sick \_\_\_\_\_

\_\_\_\_\_

Something unusual about my family is \_\_\_\_\_

I think a perfect family is \_\_\_\_\_

**DRAW A PICTURE OF YOUR FAMILY DOING SOMETHING TOGETHER!**



Who is in the picture? \_\_\_\_\_

What are you doing together? \_\_\_\_\_

# Who Is What?

A person in my family I feel close to is \_\_\_\_\_

A person in my family I don't get along well with is \_\_\_\_\_

A person in my family who makes me laugh is \_\_\_\_\_

A person in my family who works the hardest is \_\_\_\_\_

A person in my family who I spend the most time with is \_\_\_\_\_

A happy person in my family is \_\_\_\_\_

A sad person in my family is \_\_\_\_\_

A person in my family who has a lot of patience is \_\_\_\_\_

A person in my family who gets frustrated easily is \_\_\_\_\_

A person in my family that I trust the most is \_\_\_\_\_

A person in my family that I sometimes don't trust is \_\_\_\_\_

A person in my family who helps me most is \_\_\_\_\_

A person in my family who has been with me during good times and bad times is \_\_\_\_\_

# My Home

The city I live in is \_\_\_\_\_ The state I live in is \_\_\_\_\_

I have lived in this home for \_\_\_\_\_ years.

The best part about my home is \_\_\_\_\_

The worst part about my home is \_\_\_\_\_

One thing my home needs is \_\_\_\_\_

My favorite room in my home is \_\_\_\_\_ because it \_\_\_\_\_

Something that is always happening in my home is \_\_\_\_\_

One thing I would like to change about where I live is \_\_\_\_\_

My neighborhood is \_\_\_\_\_

My neighbors are \_\_\_\_\_

# DESIGN YOUR PERFECT ROOM...

DRAW A PICTURE OF YOUR PERFECT ROOM:



What room is it \_\_\_\_\_

Who is allowed in it \_\_\_\_\_

The most important things in this room are \_\_\_\_\_



# My Friends

My best friend(s) \_\_\_\_\_

Things I like to do with my friends \_\_\_\_\_

My friends like me because \_\_\_\_\_

I like my friends because \_\_\_\_\_

A friend I can always count on is \_\_\_\_\_

When I am with my friends I feel \_\_\_\_\_

A good way to make friends is \_\_\_\_\_

3 things I look for in a friend are \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

People I have told about my illness \_\_\_\_\_

When I told them, they \_\_\_\_\_

People I would like to talk to about my illness \_\_\_\_\_

When I do not feel well, my friends \_\_\_\_\_

# My School

School is \_\_\_\_\_

The best part about school is \_\_\_\_\_

The worst part about school is \_\_\_\_\_

When I get to school in the morning I feel \_\_\_\_\_

My favorite subject is \_\_\_\_\_

My least favorite subject is \_\_\_\_\_

My favorite teacher is \_\_\_\_\_ Because he/she \_\_\_\_\_

\_\_\_\_\_

The kids at school are \_\_\_\_\_

If I could tell the kids at school anything, I would say \_\_\_\_\_

One thing I would like to change about my school is \_\_\_\_\_

\_\_\_\_\_

One thing I would keep the same is \_\_\_\_\_

After school, I usually \_\_\_\_\_

# MY THOUGHTS ON SCHOOL

Describe how you feel about the following things.

School

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Teachers

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Math

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Reading

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Lunch

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Science

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Classmates

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Studying

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Homework

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Tests

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Recess

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P.E./Gym

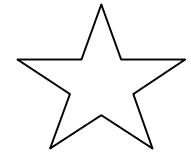
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Computer

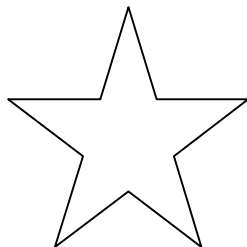
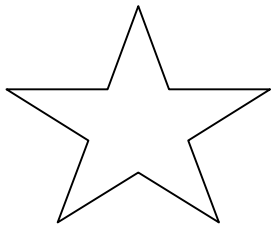
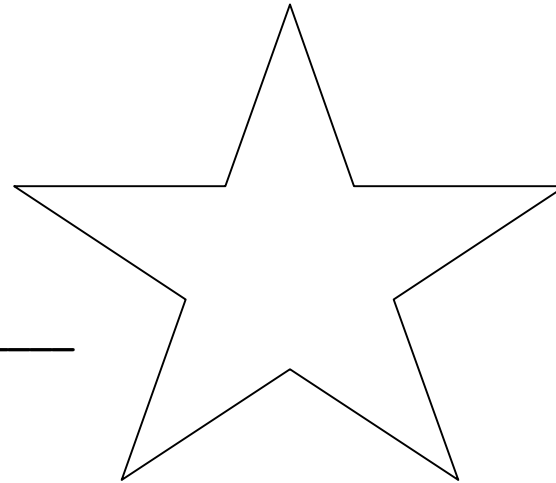
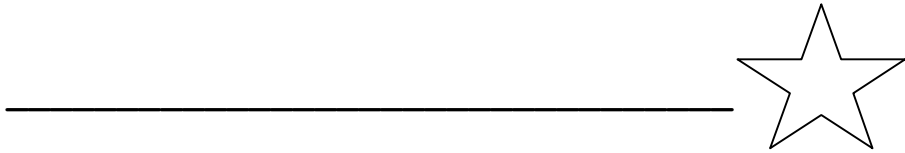
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# MY WISHES

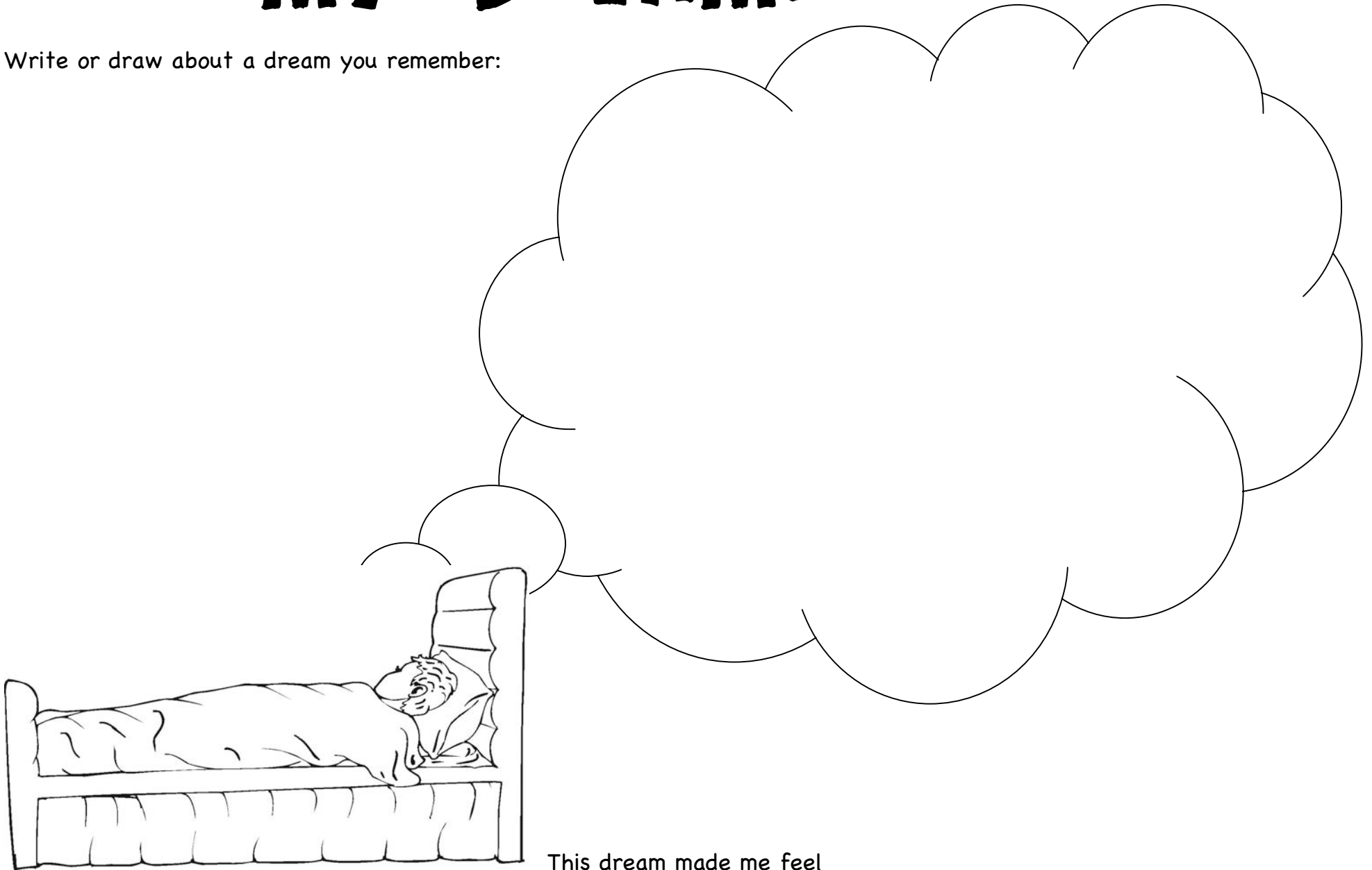


Many people wish upon stars... What are some of your wishes? Write them next to the stars!



# MY DREAMS

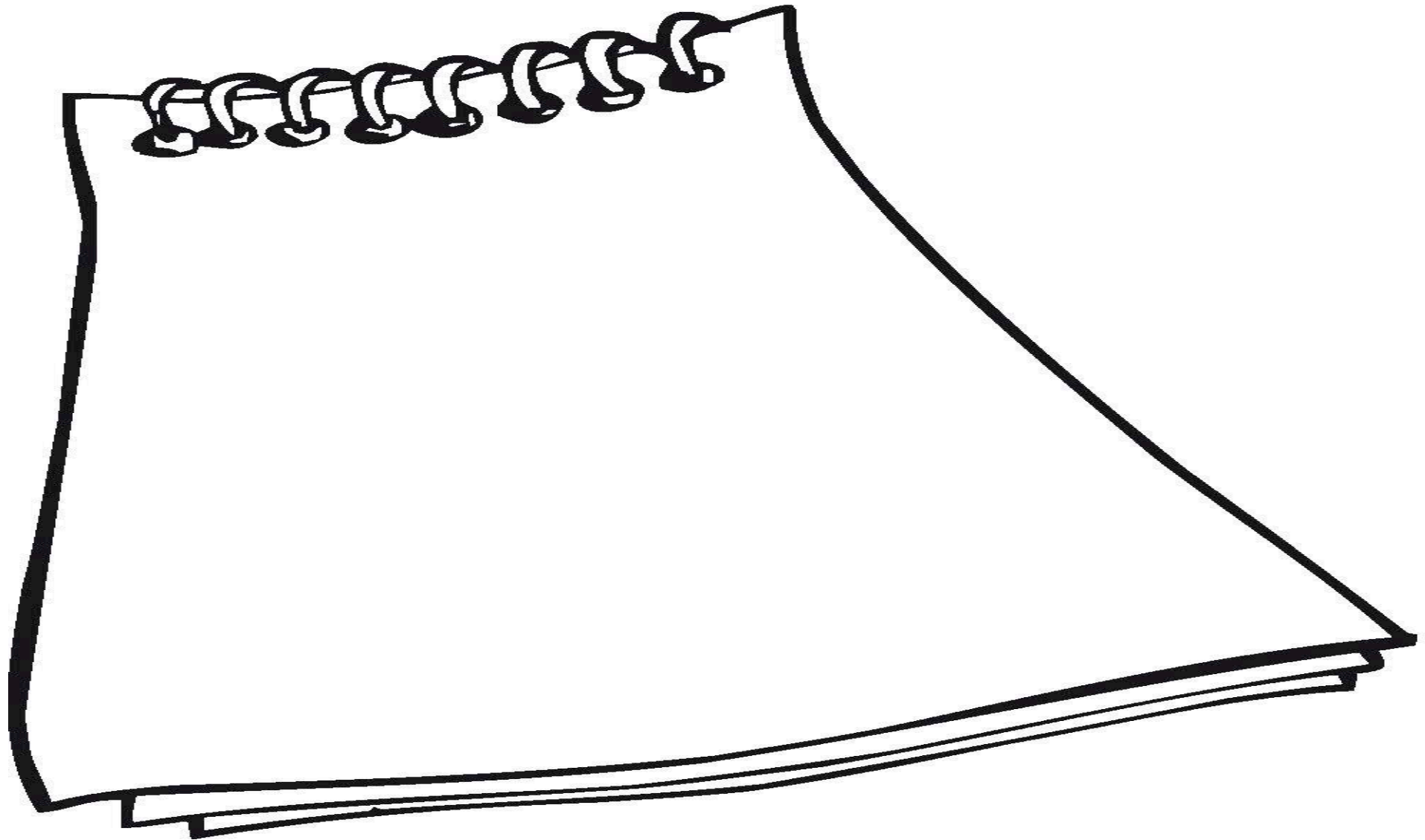
Write or draw about a dream you remember:



This dream made me feel \_\_\_\_\_

# Dear Future Self,

Write a letter to your grown-up self saying what you would like your life to be like in the future.



# The Best and The Worst

The best day I ever had was \_\_\_\_\_

It was great because \_\_\_\_\_

The worst day I ever had was \_\_\_\_\_

It was terrible because \_\_\_\_\_

The best thing that anyone ever said to me was \_\_\_\_\_

It made me feel \_\_\_\_\_

The worst thing that anyone ever said to me was \_\_\_\_\_

It made me feel \_\_\_\_\_

The best part of my body is \_\_\_\_\_

The worst part of my body is \_\_\_\_\_

# My Illness

The name of my illness is \_\_\_\_\_

I found out I had this illness when I was \_\_\_\_\_ years old

When I found out, I felt \_\_\_\_\_

The things I know about my illness are \_\_\_\_\_

The things I want to know about my illness are \_\_\_\_\_

I learned about my illness by \_\_\_\_\_

The thing about my illness that scares me most is \_\_\_\_\_

The people who take care of me are \_\_\_\_\_

My illness is hardest for \_\_\_\_\_

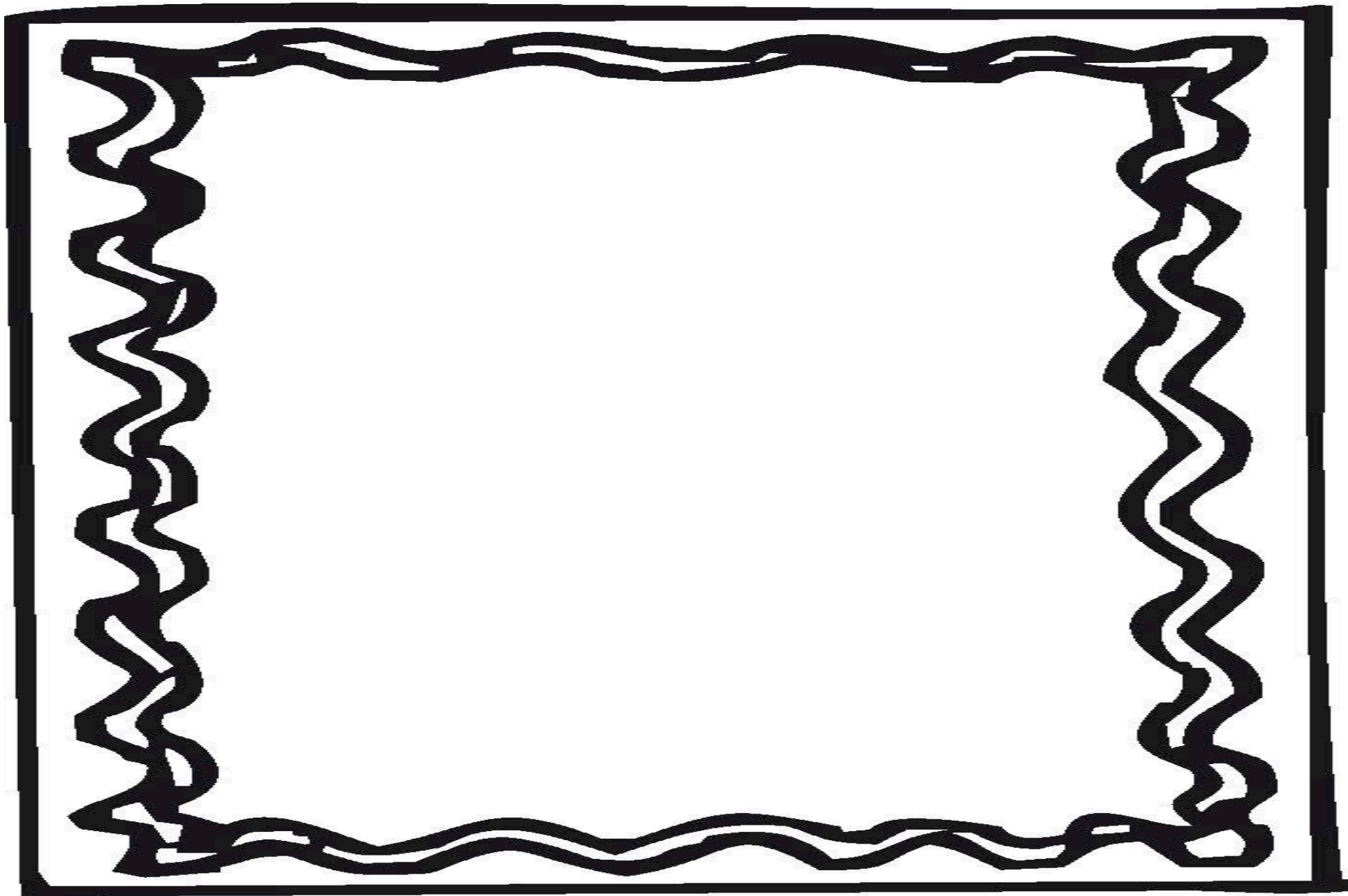
The treatment for my illness makes me feel \_\_\_\_\_

The scariest thing that has happened since my diagnosis was \_\_\_\_\_

If you could rename your illness, what would you call it \_\_\_\_\_



Draw a picture of what you think your illness looks like to others:



# What It's Like...

When I found out about my illness, I felt \_\_\_\_\_

The hardest part about having an illness is \_\_\_\_\_

When I don't feel well, I \_\_\_\_\_

When I don't feel well, my family \_\_\_\_\_

One thing that always cheers me up is \_\_\_\_\_

The things that are harder because I have an illness are \_\_\_\_\_

\_\_\_\_\_

The things that have gotten better are \_\_\_\_\_

\_\_\_\_\_

The person I would not have met without my illness is \_\_\_\_\_

The places I would not have gone without my illness are \_\_\_\_\_

\_\_\_\_\_

# Dear Illness,

Write a letter to your illness telling it  
anything you want to.

# My Doctors and Nurses

My doctors are \_\_\_\_\_

My nurses are \_\_\_\_\_

The things my doctors and nurses do that I like are \_\_\_\_\_

\_\_\_\_\_

The things my doctors and nurses do that I don't like are \_\_\_\_\_

\_\_\_\_\_

Being in the doctor's office or hospital makes me feel \_\_\_\_\_

The doctor's office or hospital would be better if \_\_\_\_\_

It helps me relax at a doctor's appointment or hospital visit if \_\_\_\_\_

\_\_\_\_\_

A good experience I had at a doctor's appointment or hospital visit was \_\_\_\_\_

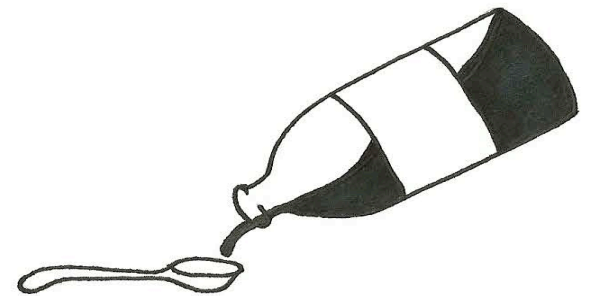
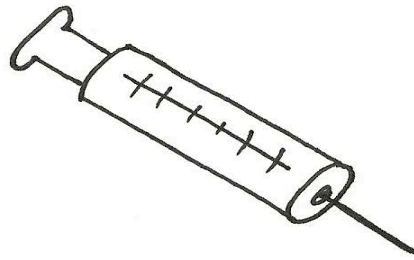
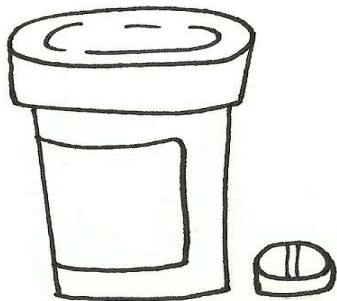
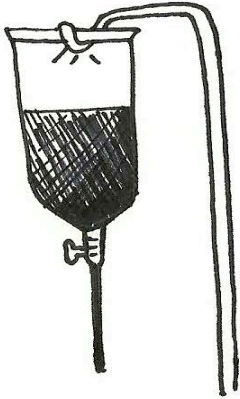
\_\_\_\_\_

If you were a doctor/nurse what would you do differently \_\_\_\_\_

# MEDICINE

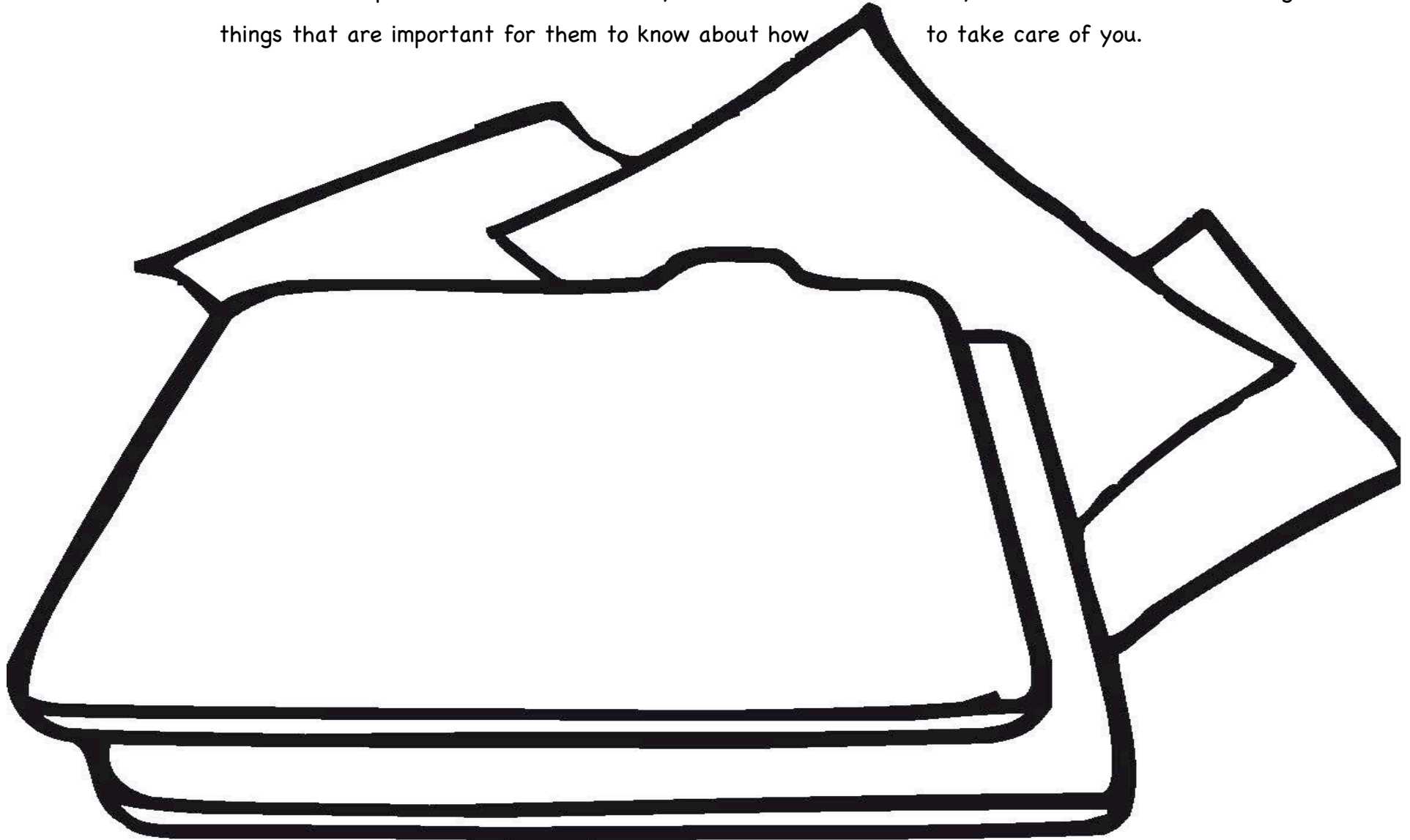
What kind of medicine do you take?

Describe what it is, what it tastes like and how it makes you feel.



# MY MEDICAL CHART

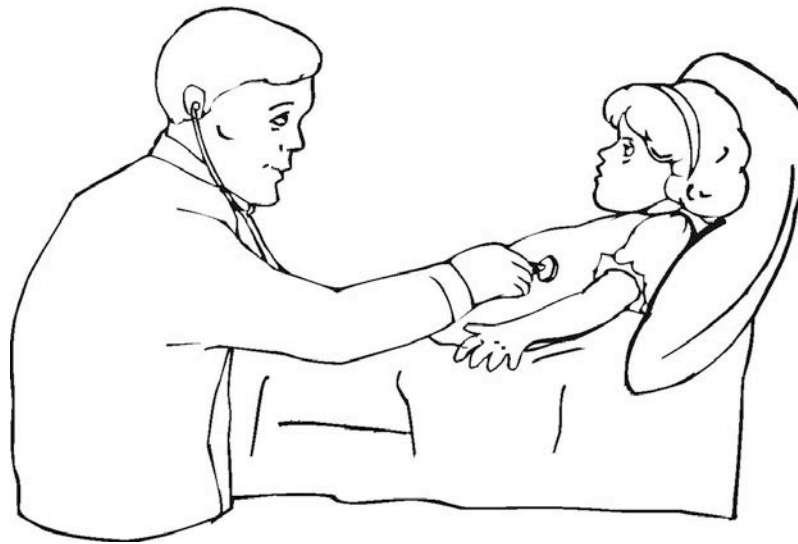
Your medical chart has a lot of important information about you in it. Write a letter to your doctors and nurses telling them things that are important for them to know about how to take care of you.



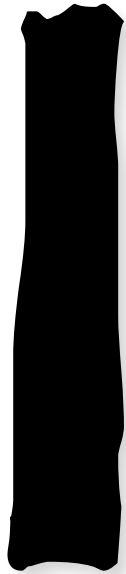
If you knew you had to spend time in the hospital, what things would you like to have in your room? On this page, design your most perfect hospital room. It can have anything or anyone in it. **USE YOUR IMAGINATION!!**

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Tell a story about this picture. Write about what they are doing, thinking and feeling.







If only I could \_\_\_\_\_

If I could meet anyone, I would want to meet \_\_\_\_\_

Because \_\_\_\_\_

If I could talk to anyone in the world, I would talk to \_\_\_\_\_

And say \_\_\_\_\_

If I could change anything, I would change \_\_\_\_\_

Because \_\_\_\_\_

If I could see into the future, I would want to know \_\_\_\_\_

If I could change anything I've done it would be \_\_\_\_\_

If I could have any super power it would be \_\_\_\_\_

Because \_\_\_\_\_


If I could go anywhere in the world, I would go to \_\_\_\_\_

Because \_\_\_\_\_

If I did not have an illness, I would \_\_\_\_\_

If I could make adults understand one thing it would be \_\_\_\_\_

\_\_\_\_\_



# CHANGES

LIST 5 THINGS IN YOUR LIFE THAT YOU CAN CHANGE. THEN LIST 5 THINGS IN YOUR LIFE YOU CAN'T CHANGE.

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_

When I can't change something, I feel \_\_\_\_\_

When I can change something, I feel \_\_\_\_\_

# LOSS

When people die \_\_\_\_\_

These are people/pets I have known that have died \_\_\_\_\_

The person or pet I miss most is \_\_\_\_\_

He/She was special to me because \_\_\_\_\_

When I found out he/she died, I felt \_\_\_\_\_

Now, when I think about it, I feel \_\_\_\_\_

I wish I could have told him/her \_\_\_\_\_

\_\_\_\_\_

The way I said goodbye was \_\_\_\_\_

\_\_\_\_\_

The hardest part has been \_\_\_\_\_

These things remind me of him/her \_\_\_\_\_

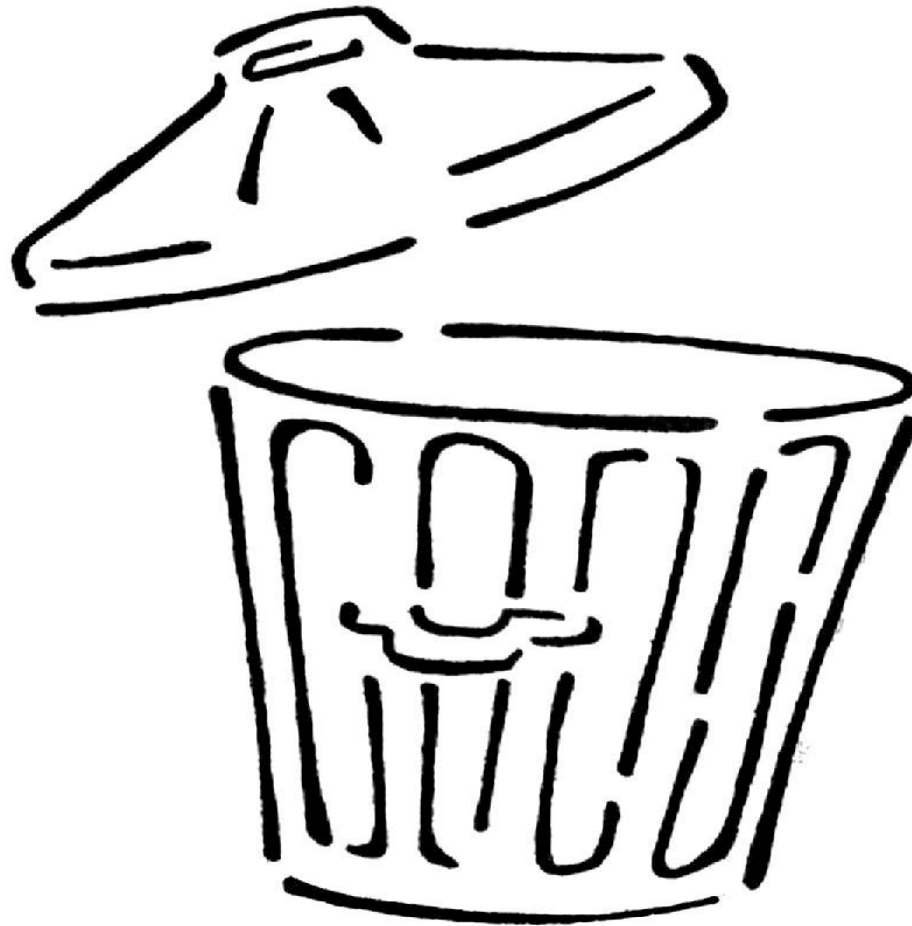
I feel happy when I remember \_\_\_\_\_

I wonder about \_\_\_\_\_

The most important thing I have learned is \_\_\_\_\_

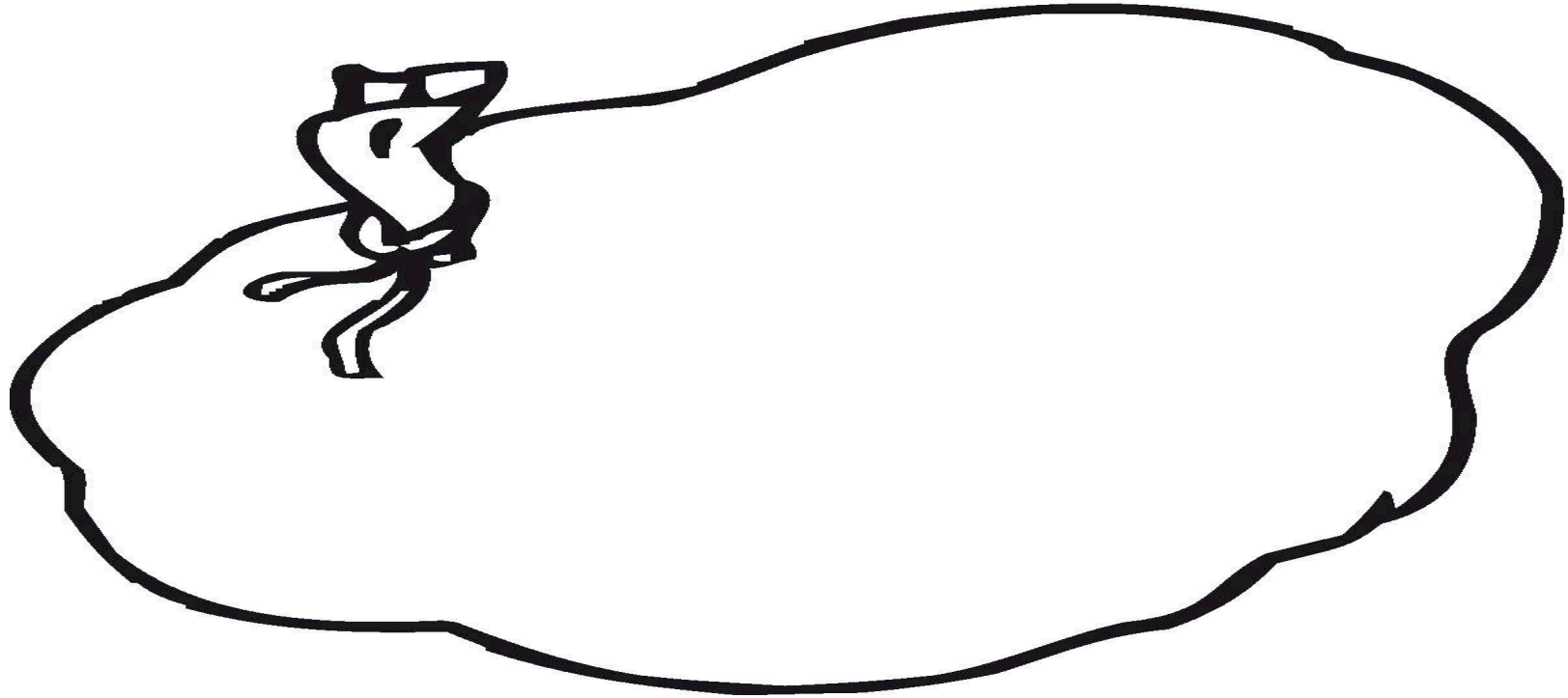
IF I COULD TRASH SOME THINGS IN MY LIFE, IT WOULD BE...

(write them around the trashcan)



# THE WORRY BAG

Write down things you worry about in the bag.



Now imagine that you have to carry your worry bag. How heavy is it? List some ways you can lessen your everyday worry, lighten your load, and make it easier to get where you are going:

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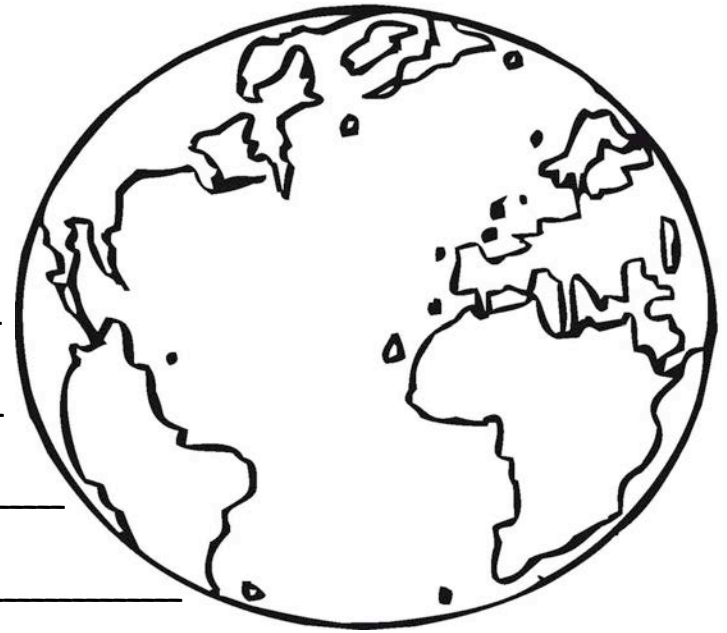
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# A MOCK WILL

From time to time, most people think about what would happen to them and/or all of their stuff if they died. Here you have an opportunity to write down what you would want to happen to you, your belongings, or any other wishes.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_

# WHAT I WANT THE WORLD TO KNOW



People need to know \_\_\_\_\_

\_\_\_\_\_

When people talk about me, I want them to say \_\_\_\_\_

\_\_\_\_\_

Most people think my best quality is \_\_\_\_\_

I believe people should \_\_\_\_\_

The thing I am most proud of is \_\_\_\_\_

The most important lesson I have ever learned is \_\_\_\_\_

\_\_\_\_\_

The world would be a better place if \_\_\_\_\_

\_\_\_\_\_