

# Scared's Haunted House



HI! I'm SCARED  
from the DBSA Mood Crew!

Here's my Haunted House, which is really a tool to help me deal with my fears! Start the worksheet by writing some of your fears outside the house. Then, answer questions in each area of the house to help understand how to cope with feeling scared.

PUT ON MUSIC  
AND DANCE  
ASK MY MOM TO  
READ ME A BOOK  
TAKE  
SOME DEEP  
BREATHS

WHAT ARE YOU  
SCARED OF?

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**CHIMNEY:**  
What are some ways you can blow off steam  
or cope with feeling scared?

**ROOF:** Write down names of people  
who help you feel safe.

**THIRD FLOOR:** What are ways you can ask for help when you feel scared?

**SECOND FLOOR:** Write some things that you aren't afraid of that others might be.

**FIRST FLOOR:** Write about a time you were able  
to do something that made you feel scared.

**DOOR:**  
What makes you  
feel safe when  
you are scared?

