

My Three Houses

We all have things that feel good, things that are difficult, and things we are worried about.

Use the three houses below to show what is happening for you right now.

There are no right or wrong answers.



The Good Things House

What is going well?
What makes you happy?
What are you proud of?

You can write more here:



The Difficult Things House

What is difficult at the moment? What feels hard or challenging?

You can write more here:



The Worry Things House

What are you worried about? What is on your mind?

You can write more here:



What might help me?

What could help with the difficult or worrying things?
Who could help or support me?



Remember:

It's okay to have good days and not-so-good days.
Your feelings are important.

Name:

Date:



You are important. You are valued. You are enough.

