Figure 1 Scale for estimation of chance of dying in the next year for 1-4 year old boy in the UK



 Figure 2. The “Burglar in the night “



Table 1 Thought diary

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| What was going on? | What was the thought that popped into your head?These are your**“hot thoughts”.** | How did this make you feel? How bad did you feel (0 – 10)? | Any bodily changes you noticed? | What did you do? What happened after that? | What could you think next time you are in a situation like this? List all the possible **“cool** **coping thoughts”**, even if you only slightly believe them. | If you believed this coping thought, what would your new feeling be? (It might only be slightly different) |
|  |  |  |  |  |  |  |