

Willy's Worries and the Wise Wizard

Most people carry on silent conversations with themselves; this is called self-talk. We tend to repeat the same messages to ourselves over and over, and soon, we come to believe these silent messages. If this self-talk is negative, then it makes us feel bad. For example, if I were to think to myself, *I cannot do anything right*, I would soon believe this. I would feel bad, and then I would probably not do as well. But if self-talk is positive, it makes us feel happier. For example, if I were to think to myself, *I can try my best*, I would feel calmer and happier.

The story, *Willy's Worries and the Wise Wizard*, will help you learn more about this. Read the story then answer the questions below.

Did Willy's worries make it hard for him to feel happy and to have fun?

What special power does Willy (and each and every person) have? How does this special power help Willy?

Write down a negative thought, then change it to a positive thought:

Story

Willy's Worries and the Wise Wizard

This is a story about a boy named Willy. His real name is William, but most people call him Willy. Willy was a typical kid in a lot of ways; he liked to play computer games and ride his bike, and he preferred dessert to eating vegetables! But Willy had a big problem. Willy worried a lot! He worried about things over and over. He worried so much he often got stomachaches. His worries made it hard for him to feel happy and to have fun.

One night as he lay in bed trying to fall asleep, he kept worrying about his upcoming soccer game. He worried he would play terribly and that all the kids on his team would make fun of him. This worry made his stomach hurt. Then he saw a spider on the wall—he was afraid of spiders! He buried himself under his blanket, shaking with fear. He could feel his heart pounding fast, and he became hot and sweaty.

After a while, Willy finally fell asleep. He dreamed the most wonderful dream—that he had magical powers and could make wishes come true! So, he wished to be the best soccer player on his team, and he wished there were no spiders in the world—and poof! His wishes came true! He felt so happy! But then something startled him, and he woke up and realized it was just a dream. He felt so awful. He buried himself under his blanket and cried. He lay there for a long time, and after a while, he fell asleep again. This time, he dreamed that a wizard came to him—a very old, wise wizard named Waldorf. He had a long white beard, and he wore a long purple cape with bright yellow shiny stars on it, and a tall pointy hat to match. But he did not have a magic wand.

“You can’t be a real wizard,” said Willy, “because you do not have a magic wand.”

“Oh, but you see, my boy, I do not need a magic wand, for I have discovered a special power that does not require any magic.”

“What kind of special power?” asked Willy.

“Well,” replied Waldorf the Wizard, “it is a special power that will bring you happiness. It is the power to think positive thoughts.”

“Huh? What do you mean?” asked Willy.

“Well, instead of thinking negative thoughts, think positive thoughts. And if you think positive thoughts, this will bring you happiness.”

“I wish I had that special power,” said Willy.

“Ah, but you do have this special power,” replied Waldorf. “In fact, each and every person has this special power. They just have to use it.”

“So you mean I have this special power?” asked Willy.

“Yes! I’ll show you what I mean. First, think of a negative thought.”

“Well,” said Willy, “I have a soccer game tomorrow. I’m worried I’m going to play terribly and all the kids on my team will make fun of me.”

“And how do you feel when you think this?”

“I feel upset and worried,” replied Willy. “Now, change that negative thought into a positive thought.”

“Well, let’s see. I don’t have to be the best soccer player on my team. I can try my hardest and I can have fun.”

“How do you feel now, as you think these positive thoughts?”

“Now I feel excited to play soccer. I feel much happier!” replied Willy with a smile on his face.

“You see Willy...You have the power to think positive, and if you choose to use this power, you will feel happier!”

Just then, something startled Willy, and he woke up from his dream. He thought about his soccer game tomorrow. He thought to himself, “I’m going to try my best and have fun.” Then he realized he didn’t feel worried about soccer. In fact, he felt happy and excited about his game. Just then, he saw that same spider on his wall. Instead of burying himself under his blanket feeling scared, he thought to himself, “It’s just a tiny, harmless little thing. It can’t hurt me.” Thinking this made the scared feelings disappear. “Wow!” he thought to himself, “I do have a special power!”

Practice Activity to Do at Home: Positive Thoughts

When a negative thought pops into your head, change it to a positive thought. If you practice this every day, you will soon become a positive thinker and you will feel happier!

Anxious or upsetting situation: _____

Negative thought: _____

Positive thought: _____

Anxious or upsetting situation: _____

Negative thought: _____

Positive thought: _____

Anxious or upsetting situation: _____

Negative thought: _____

Positive thought: _____

Anxious or upsetting situation: _____

Negative thought: _____

Positive thought: _____

Anxious or upsetting situation: _____

Negative thought: _____

Positive thought: _____

Anxious or upsetting situation: _____

Negative thought: _____

Positive thought: _____