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HOW TO HELP YOUR CHILD IN THE MOMENT?

Million-dollar Question: If you could win a million dollars of guessing what will really happen – what would the right answer be?

Trusted Advisors: Think of who you trust the most and what they would tell you what they feel would happen.

Turn the Worry Into a Question: Don't take the worry at face value, turn it into a question and answer it. "My mom may forget to pick me up" to "Is my mom going to pick me up today?"

Do a Side by Side Comparison: List your fears on one side of the page and the facts about the situation on the other side. Read it and choose the more accurate side.

Pretend to be a teacher/ The Red Pen Edit: Write your worry story and when it reads something can really happen, correct it and rewrite – it's unlikely it will happen. Edit in the fact that you are feeling scared but you are not in danger. Feeling scared does not mean you are in danger.

Worry Shrinker Box: Worry makes you think that everything is bad and scary and going to happen. Narrow the worry down to see if there is something you should be worrying about and make a plan. Or, the worry bully can also have it all wrong.

Fast Forward to the End: What are you really going to be saying after the event? Did you really fail the test? Did your mom really forget to pick you up? OR.... Everything turned out better than I expected and I was able to handle it!