



Helping Your Child Get Through Anxiety With Support & Confidence

CHILD SAYS:	HELPFUL PARENT RESPONSE:
I'm feeling anxious and I don't want to go/do this/get out of the car.	This is your worry bully/anxiety trying to trick you to make you think something bad will happen. I have all the faith in you that you can do this. Let's not listen to the worry bully and the feeling will pass on its own.
I've never done this before, and I don't know what will happen.	It makes sense that you will be nervous when doing new things. Worry wants you to think that something bad will happen or that you won't have fun. When you do the opposite of what worry wants you to do, the feeling passes, and most things work out better than we expect.
Excessive calls from child.	Worry wants you to seek out for reassurance and make you think that you can't handle this situation. I will allow one call and we can determine the best time to check in that works for both of us. After the one call, I will not answer because I believe you are stronger and more capable than you think. You can change your focus and the worry will pass.
I changed my mind. I'm not worried, I just don't want to go anymore. I'd rather do something else.	This sounds like this is worry to me tricking you to think you don't want to do something you really want to do by thinking that you just changed your mind. Let's do it regardless, stick to our plan and after you are there you can determine how the rest of the night goes. You usually have a lot more fun than you expect.
I have to double check that this is correct. Will you recheck this for me?	Sounds like worry is making you want 100% certainty and wants you to recheck something you most likely already did. I'll help you resist going back to check. You'll feel uneasy for a few minutes and then the feeling will pass. You beat your anxiety every time you do this. If you don't have what you need, you can problem solve and handle it.
What if..... (could be anything)	What if questions make you only think of the worst case and low probabilities. For every What If, think of a positive "What if". What if my friend isn't there and I feel awkward? To... What if my friends are all there and I have a great time? Anxiety wants us to focus on low probabilities as high outcomes.
"Don't leave me because I'm anxious"	I will be close, but it is important that you believe that you can calm yourself down with out me. Anxiety is not dangerous; it is uncomfortable.