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Helpful Statements to Say to your Child When Feeling Anxious.

Sometimes your worries feel too big to handle. I understand that and I can help you.

You are so kind and sensitive; sometimes you worry more than others. It's ok. I love who you are.

Anxiety is a warning that tells you that something doesn't feel right, let's figure out what that is and make it go away.

Anxiety can actually be your brain in hyper drive mistaking making regular stuff, as things you should worry about.

If you're worried, let's talk about what to expect to have get you back to having fun and feeling calm.

You can trust that I will do as I say, so you can put your worry away.

Did you know that when you are worried, moving around actually helps you feel less worried? Let's get moving so we can help you feel calm.

Talking about what you are thinking actually makes you feel less worried and then we can solve the problem.

Are you really mad, or do you think it is really fear disguised as mad? Let's talk thru this to find out.