



**DK Counseling Services, LLC**  
12705 Century Drive  
Suite D  
Alpharetta, GA 30009

**Individual & Family Counseling**  
Phone: 678-852-4224 Fax: 866-985-8135  
dkcounselingservices@gmail.com  
www.dkconline.com

## **ANXIETY: IS THERE A PROBLEM?**

### **Signs of Normative Anxiety**

### **Signs of Problematic Anxiety**

Fears and concerns are reasonable & expected.	Fears and concerns are out of proportion to the event.
Child is responsive to change & solutions.	Child becomes overwhelmed and inconsolable.
Child has many questions about things that are scary and accepts answers.	Reassurance is never good enough and worries create distress and worry about the future.
Child takes pride in doing homework neatly and correct. Accepting mistakes and some disappointing grades.	Perfectionist thinking where nothing is good enough. Takes an inordinate amount of time to do what should take minimal time. Child is only as good as his grades or accomplishments. Lots of procrastination.
The child is learning to make mistakes and take responsibility for oversights. May be upset but is able to recover quickly.	Child is constantly concerned that someone is mad or that he may cause something bad to happen.
Worries diminish over time and take less time to manage and focus on.	Worries increase taking on a life of their own with high levels of intensity and constant focus and avoidance.
Child has an understanding of why the child needs to face the difficult situation.	The child is more focused on how to avoid the situation than on how to face it.
The experience produces positive changes and growth.	The symptoms interfere with growth, social and emotional development.
Themes are in synch with the child's development.	Themes are not in synch with age appropriate development.