Anxiety

This worksheet is optional. If you'd rather do the check out loud with your child, that works just as well.

Name _____ **Date** _____

Part 1: Set up the practice

The moment my child usually avoids because of worry:

_____

Part 2: The words to say

When the moment comes, I will ask:

"What are you worried will happen?"

When my child stops, I will ask, "**Anything else?**"

Then I will ask:

"What is one small step you can take anyway?"

If my child won't take the step, I will make it smaller once. If my child still won't move, I will say, "That's okay. We'll try again tomorrow." That day still counts as practice for the week, but not toward the three days in a row.

I will not argue the worry away.

Name _____ Date _____

Part 3: Track the check

Each day you practice, ask your child the check question right after the step, or later once everyone is calm: "Did you take your one small step?" Circle your child's answer, then circle what you saw.

Day 1. The step: _____

My child's answer: ○ Yes ○ Almost ○ Not yet
What I saw: ○ Yes ○ Almost ○ Not yet

Day 2. The step: _____

My child's answer: ○ Yes ○ Almost ○ Not yet
What I saw: ○ Yes ○ Almost ○ Not yet

Day 3. The step: _____

My child's answer: ○ Yes ○ Almost ○ Not yet
What I saw: ○ Yes ○ Almost ○ Not yet

Day 4. The step: _____

My child's answer: ○ Yes ○ Almost ○ Not yet
What I saw: ○ Yes ○ Almost ○ Not yet

Day 5. The step: _____

My child's answer: ○ Yes ○ Almost ○ Not yet
What I saw: ○ Yes ○ Almost ○ Not yet

When your child's answer matches yours for three days in a row, your child starts checking on their own, and you look in now and then. Only days your child took a step count toward the three days in a row. A day with no step is skipped, not counted, and only a day when your answers don't match starts the count over. If things slip later, go back to checking together for a little while.

Remember
A finished week is the video plus one real practice. Repeating a week is normal.

This week's note

_____

_____

_____