



Challenging My Anxiety

- 1. Has this ever happened before? If so, what happened and how did I cope?**
- 2. What would a friend say to me?**
- 3. What would I say to a friend?**
- 4. What would (insert name of someone your child looks up to) say?**
- 5. What is the worst thing that would happen? How would I handle it?**
- 6. What is the best thing that can happen?**
- 7. Think of 5 possibilities. Which is most probable (likely)?**