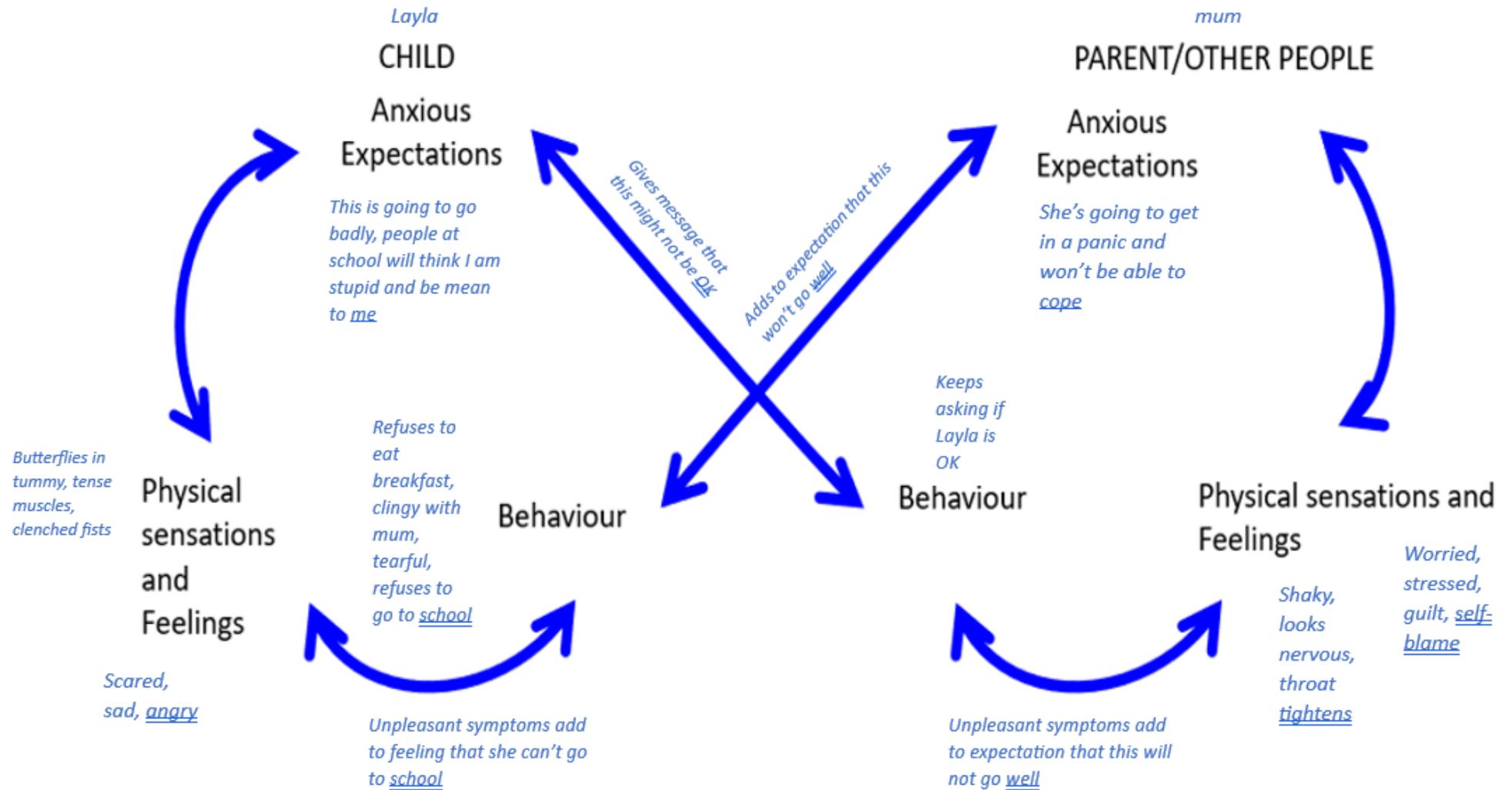
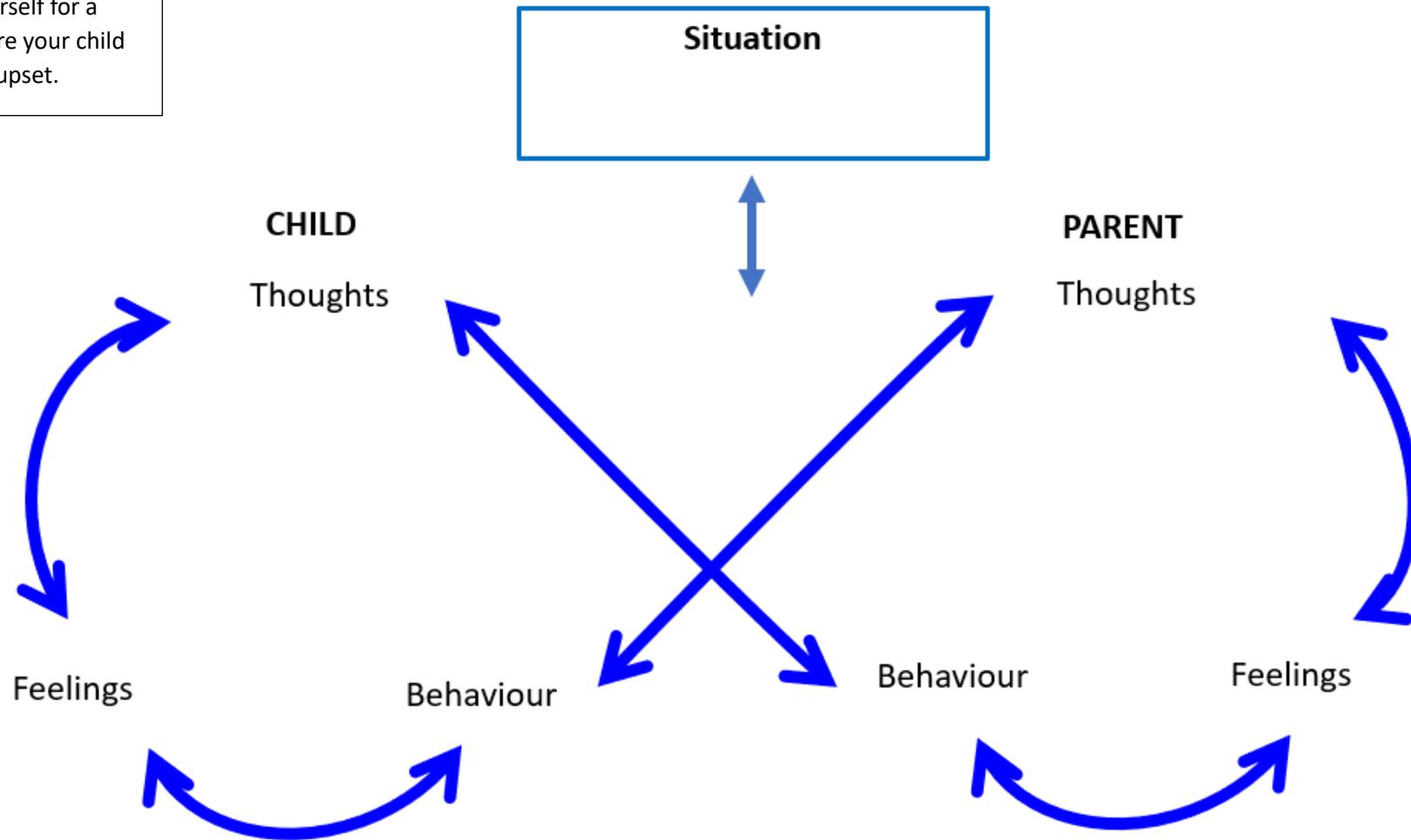


Situation Layla is getting ready for school in the morning.

"Figure of Eight" Maintenance of Child Anxiety Problems



Have a go yourself for a situation where your child typically gets upset.



What affects our responses

We may respond or react to situations in our everyday lives, and with our children, and not know why. Our thoughts, feelings and behaviour (what we do) are all related and all impact on each other. Research has shown that our thoughts have an important role in influencing how we feel and what we do. By changing one of the elements, it has a knock one effect on the rest of the cycle.