

HANDOUT 3 – WHAT ARE MY CHILD’S ANXIOUS THOUGHTS/ EXPECTATIONS?

WHAT IS HAPPENING?	WHAT IS MY CHILD THINKING?	MY RESPONSES
	<ul style="list-style-type: none">• <i>Why are you feeling worried?</i>• <i>What is frightening you?</i>• <i>Why does that worry you?</i>• <i>What do you think will happen?</i>• <i>What is the worst thing that might happen?</i>• <i>What is it about [this situation] that is making you worried?</i>	<ul style="list-style-type: none">• <i>Be curious</i>• <i>Help your child feel understood</i>• <i>Help your child feel normal</i>• <i>Make suggestions</i>• <i>Check you have understood</i>• <i>Keep it rewarding (and fun, if applicable)</i>

