

## Worksheet 2

### Parenting Traps

Use this worksheet to write down some of the *Protective* or *Demanding* things you say to your child or about your child's anxiety.

<b>Protective</b>
<i>e.g., We know it's too much for you</i>
<i>e.g., You don't handle stress well</i>

<b>Demanding</b>
<i>e.g., Try to act your age</i>
<i>e.g., It's not really that scary</i>