

## Worksheet 3

### You And Your Child's Anxiety

Writing down your answers to each of these questions will provide some useful information as you start to think about the ways you may be accommodating your child. If you live with a partner, it is a good idea to spend some time talking about this together.

<b>How Much of Your Time Is Taken Over by Your Child's Anxiety?</b>

<b>What Are You Doing Differently for This Child, Compared to His/Her Siblings?</b>

<b>What Would You Do Differently if Your Child Was Not Anxious or Afraid?</b>