

Worksheet 1

How Is Anxiety Impacting Your Child?

Use this worksheet to write down the main ways in which you've noticed anxiety impacting your child in each of the four domains: body, thoughts, feelings, and behaviors

How Anxiety Affects Your Child's Body	How Anxiety Affects Your Child's Thinking
<i>e.g., Her heart races when she is anxious</i>	<i>e.g., He always thinks of the worst-case scenario</i>
How Anxiety Affects Your Child's Feelings	How Anxiety Affects Your Child's Behavior
<i>e.g., She is much crankier when she's anxious</i>	<i>e.g., He won't speak in class at school</i>