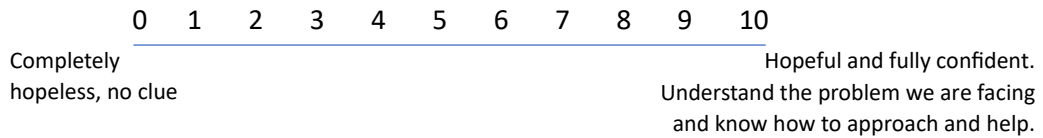


Help Your Teen Overcome Anxiety

Undercover The Transformative Power of Your Parenting Approach

Part 1 Workbook

Rate how hopeful and confident you feel about your ability to support your teen to recover from their anxiety?



What symptoms are you seeing now when anxiety is around?

State	What see	Present? (Tick)	Any Others?
Fight	Hot and bothered		
	Aggressive / angry		
	Argumentative / shouty		
	Controlling		
	Demanding / inflexible		
	Lying or blaming		
	Can't concentrate, can't finish tasks		
	Pushing people away		
	Not fitting in / loner		
	Immature		
	Loud, noisy, disruptive		
	Disrespectful		
	Confrontational		

State	What see	Present? (Tick)	Any Others?
Flight	Keeping super busy		
	Running away		
	Constantly getting up		
	Hiding		
	Putting head down		
	Not able to following rules		
	Needs to be first		
	Aggressive. Clenches fists, threatening		
	Bumping into people		
	Avoiding tasks or activities with people		
	Baby talk / silly voices		
	Crying		
	Hyperactive, giddy, silly		
Freeze	Not interested, bored		
	Confused		
	Forgetful		
	Trying to distract, talking about something else		
	Hard to move through a task		
	Scanning the room		
	Not listening		
	Daydreaming / staring into space		
	Clumsy		
	Slow to move when asked		

Lets think about what's going on for your teen.....

Triggers	What leads to the anxiety responses?
Feelings	What things do they say about how they feel?
Thoughts / worries	What things do they say about what they are thinking?
Feelings in body?	Do they say anything about how the feel physically?
What are they staying away from?	What are they not doing anymore...?

I have noticed these symptoms for this long.....

Have these symptoms got better, worse or stayed the same over time?

0 1 2 3 4 5 6 7 8 9 10
 Worse Stayed the same Better

Top 5 things I would like to see that are not happening now? These may be things your teen can do or things in your family?

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

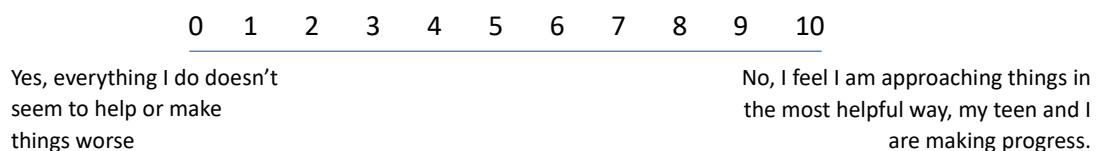
How have you tried to help so far?

	What I have tried to do	What type of help is this?
1		
2		
3		
4		
5		

Common types of help parents offer.....

1. *Reassurance*
2. *Encouragement*
3. *Looking and pushing for solutions – offering rewards / consequences*
4. *Telling them, this is just anxiety....*
5. *Avoiding the distress*
6. *Doing things for your teen*
7. *Looking for / waiting for outside help...*

Are you and your teen caught in the anxiety trap?



Rate how hopeful and confident you feel about your ability to support your teen to recover from their anxiety?

