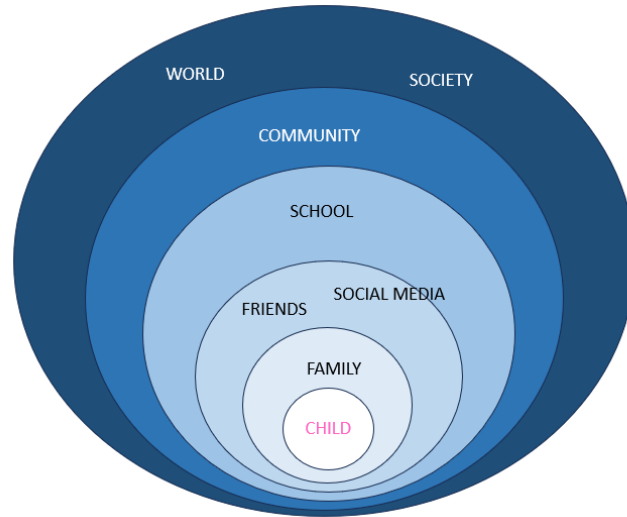


# Help Your Teen Overcome Anxiety

## *Undercover The Transformative Power of Your Parenting Approach*

### *Part 2 Workbook*

Consider for your teen, where are the triggers and wider stress coming from?



FAMILY:.....

FRIENDS:.....

SOCIAL MEDIA:.....

SCHOOL:.....

COMMUNITY:.....

WORLD:.....

# NEXT STEPS TO SUPPORTING MY TEEN

<b>UNDERSTAND</b>		
IS THERE IS WAY YOU CAN STOP, TAKE THE PRESSURE OFF?	WHY IS THIS IMPORTANT TO ME AND MY TEEN	NEXT STEP
		1.
WHAT IS ONE THING I WANT TO KNOW MORE ABOUT?	WHY IS THIS IMPORTANT TO ME AND MY TEEN	NEXT STEP
		2.
HOW AM I LOOKING AFTER MYSELF & COULD I DO BETTER?	WHY IS THIS IMPORTANT TO ME AND MY TEEN	NEXT STEP
		3.
IS THERE ANYTHING I WANT TO SHARE WITH MY TEEN?	WHY IS THIS IMPORTANT TO ME AND MY TEEN	NEXT STEP
		4.

NOTES / THOUGHTS

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EMPOWER		
WHERE DO WE WANT TO GET TO NOW?	WHY IS THIS IMPORTANT TO ME AND MY TEEN	NEXT STEP
		1.
IS THERE ONE TRIGGER THAT CAN BE MADE SMALLER?	WHY IS THIS IMPORTANT TO ME AND MY TEEN	NEXT STEP
		2.
IS THERE ANYONE I NEED TO START WORKING WITH?	WHY IS THIS IMPORTANT TO ME AND MY TEEN	NEXT STEP
		3.
WHAT IS ONE SKILL WE WOULD BENEFIT FROM LEARNING?	WHY IS THIS IMPORTANT TO ME AND MY TEEN	NEXT STEP
		4.

NOTES / THOUGHTS

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TRANSFORM		
IS THERE ONE THING YOU WHAT WOULD YOU LIKE TO ADD INTO YOUR HOME ENVIRONMENT?	WHY IS THIS IMPORTANT TO ME AND MY TEEN	NEXT STEP
		1.

NOTES / THOUGHTS

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What is the ONE THING you are going to take away and action this week for you and your teen?

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

