

SESSION

10

ANXIETY SYMPTOMS INTERVENTION

SESSION HANDOUTS

- Handout 10.1:** How Could I Help Others?
- Handout 10.2:** Where Did We Start and Where Are We Now?
- Handout 10.3:** The Final Push
Fighting Fear by Facing Fear Form

How I Could I Help Others?

Now that you have learned so much about managing fears and worries you will be able help other kids who don't know what to do with these thoughts and feelings. Your job today is to come up with some advice for different kids who have big fears and worries.

For each scenario think about how you might help this person to face their fears and make their worries smaller.

1. Jack has a fear of bugs. When he sees bugs it makes him he feels sick. Last week in science class they were watching a documentary about spiders and Jack got so scared that he had to leave the classroom. He was really upset and couldn't stop his heart from racing.
2. Annie is going to her first sleep-away camp. She has never stayed away from home overnight and is really worried about what might go wrong while she is at the camp. She would rather stay home but her parents have said that she has to go.
3. Melissa started a new school last year and she hasn't made very many friends. She has become quite scared of approaching the other kids to talk to them or to ask them whether she can sit with them at lunch. Melissa is spending most of her time at lunch and recess on her own and this is making her sad.
4. Tim worries all the time about his mom. He thinks that she will get very sick or that something terrible will happen like a car accident when he is not with her. Tim tries as hard as he can to be with his mom all of the time. , He doesn't even like to go to school, but he has to go, so, to check on his mom during the day, he calls her at home or on her cell phone. Tim doesn't go visit his friends unless his mom can stay with him.
5. Sam is starting high school next year and is really nervous about it. There are a lot of things to worry about according to Sam, whether the classrooms will be easy to find, whether the work will be very difficult, whether there will be nice people to hang out with and what the teachers will be like. Sam finds that being busy stops the worries, but that at night, when trying to sleep, the worries don't stop and they are beginning to be a real nuisance.



HANDOUT 10.2

Where Did We Start And Where Are We Now?

Think back to one of the first handouts called -a Handout called "Me and My Anxiety." How many things did you circle back then? _____

Which of these things are you afraid of today?

What was your biggest worry? _____

What was it about this that caused you to worry? _____

What do you think of this now? _____

Since you've been facing your fears what are the things that you have achieved? (look at your step ladders for hints if you can't remember)

What rewards have you received for achieving these things and facing these fears?

Although it's not over yet you have come a long way since you first started and you should be really proud of your achievements. Give yourself a big pat on the back!!!!

HANDOUT 10.3

The Final Push

Use the **Fighting Fear by Facing Fear form** to plan what steps you will do for the next few weeks.

Remember you should be practicing EVERY SINGLE DAY, and if you can, more than once per day. Make sure you complete the rest of the form after you complete each step. There is a spare detective thinking evidence sheet for you to use below so you keep practicing your realistic thinking skills.

 Realistic Thinking Detective's Evidence Sheet	
Event What is happening?	
Thoughts What am I thinking?	Worry Rating:
What is the evidence? What are the facts? What else could happen? What happened when I worried before? What is likely to happen? What has happened to other people?	
What is my realistic thought?	Worry Rating:

HANDOUT 10.3 (CONT.)



**Realistic Thinking
Detective's Evidence Sheet**

Event What is happening?	
Thoughts What am I thinking?	Worry Rating:
What is the evidence? What are the facts? What else could happen? What happened when I worried before? What is likely to happen? What has happened to other people?	
What is my realistic thought?	Worry Rating:

Fighting Fear by Facing Fear Form

What step will I do? When will I do it?	What strategies will I use?	Worry Ratings	What did I learn?	Did I receive my reward?
		Today: _ During: _ After: _ Today: _ During: _ After: _		Yes <input type="checkbox"/> No <input type="checkbox"/>
		Today: _ During: _ After: _		Yes <input type="checkbox"/> No <input type="checkbox"/>
		Today: _ During: _ After: _		Yes <input type="checkbox"/> No <input type="checkbox"/>
		Today: _ During: _ After: _		Yes <input type="checkbox"/> No <input type="checkbox"/>
		Today: _ During: _ After: _		Yes <input type="checkbox"/> No <input type="checkbox"/>

Fighting Fear By Facing Fear

What step will I do? When will I do it?	What strategies will I use?	Worry Ratings	What did I learn?	Did I receive my reward?
		Today: _ During: _ After: _		Yes <input type="checkbox"/> No <input type="checkbox"/>
		Today: _ During: _ After: _		Yes <input type="checkbox"/> No <input type="checkbox"/>
		Today: _ During: _ After: _		Yes <input type="checkbox"/> No <input type="checkbox"/>
		Today: _ During: _ After: _		Yes <input type="checkbox"/> No <input type="checkbox"/>
		Today: _ During: _ After: _		Yes <input type="checkbox"/> No <input type="checkbox"/>