

**SESSION**

**6**

## **ANXIETY SYMPTOMS INTERVENTION**

---

### **SESSION HANDOUTS**

- Handout 6.1:** Revising Your Stepladders
- Handout 6.2:** New Stepladders
- Handout 6.3:** Doing Steps
- Handout 6.4:** My Thoughts

## HANDOUT 6.1

# Revising Your Stepladders

Last week you wrote your first stepladder to help you reach a particular goal. Sometimes when you start working on a stepladder you find there are problems with it, which make it seem that the stepladder isn't working. There are some common problems that kids often come up against. These include:

- **Steps that are too big.** The next step seems way too difficult and makes you very anxious. This means you're too scared to give it a go.
- **Steps that are too small.** After doing one or two steps you find that the next step on the ladder doesn't bother you at all and you think it will be too easy.
- There are too many goals on one stepladder and it's making it difficult.

If a step is too big you need to find a step to go in between the one you just did and the next one on the list.

If steps seem too small then you should still do each step at least once so that you know for sure that it doesn't bother you. Then you can move on to the next step without having to do lots of practice on the easier step.

If there are too many different worries on one step ladder the best thing to do is break the ladder into two or more different ones so that you can work on each worry separately. We will do this in the next Handout.

Have a look at the stepladder that you wrote last week. Are there any steps that seem to be too big?      Yes      \_\_\_\_\_      No      \_\_\_\_\_

If there are, what step could you add in between to make it into two smaller steps?

Step that seems too big:

Step \_\_\_\_\_

A new step that will help you reach the big step:

Step \_\_\_\_ A) \_\_\_\_\_

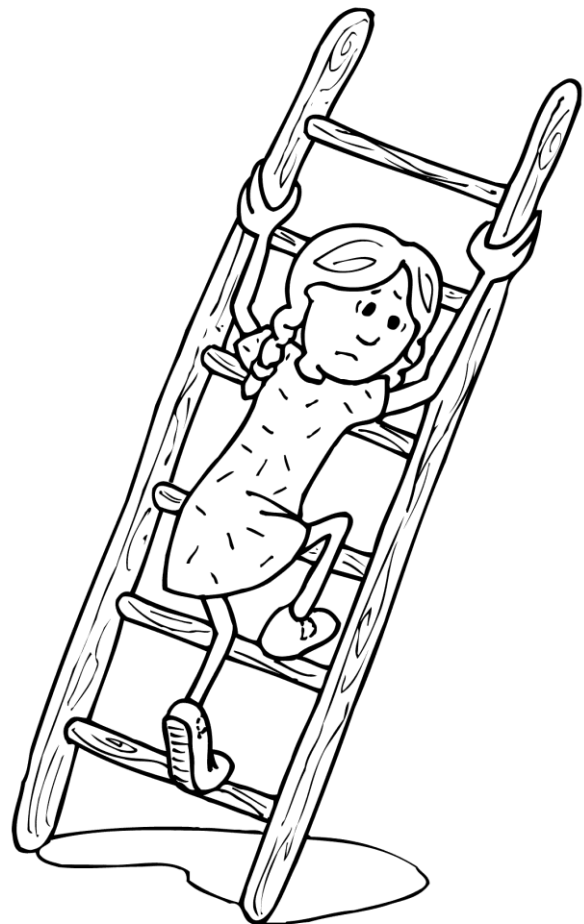
Write this step into your stepladder so you can do it at the right time.

## New Stepladders

Remember last week when you filled out your **My Fears and Worries List** you wrote down the different themes that your worries come under. Remember also that each theme has its own stepladder. Last week we did a stepladder for one of the themes. This week we will write stepladders for each of your other themes. There are two more blank stepladders for you to use when writing new stepladders for each of your other themes. If you think you need more ask your clinician to copy some from their book.

### Remember To Follow These Steps:

1. Write down a practical goal of what you would like to be able to do by the end of this step ladder
2. List all the possible steps you can break the worry down into.
3. Give each step a worry rating.
4. Put them in order from lowest to highest.
5. Make sure you have enough steps at different worry levels so that there are never more than 2 worry points between each step.
6. Write the steps onto a step ladder and then negotiate what rewards will go with each step.



Spend some time now creating the new stepladders. Create one for each worry theme on your fears and worries list. Use the next page to begin.



# Step by Step Plan

\_\_\_\_\_ Goal: \_\_\_\_\_  
\_\_\_\_\_

Step 1: \_\_\_\_\_

Reward: \_\_\_\_\_

Step 2: \_\_\_\_\_

Reward: \_\_\_\_\_

Step 3: \_\_\_\_\_

Reward: \_\_\_\_\_

Step 4: \_\_\_\_\_

Reward: \_\_\_\_\_

Step 5: \_\_\_\_\_

Reward: \_\_\_\_\_

Step 6: \_\_\_\_\_

Reward: \_\_\_\_\_

Step 7: \_\_\_\_\_

Reward: \_\_\_\_\_

Step 8: \_\_\_\_\_

Reward: \_\_\_\_\_

Step 9: \_\_\_\_\_

Reward: \_\_\_\_\_

Step 10: \_\_\_\_\_

Reward: \_\_\_\_\_



# Step by Step Plan

\_\_\_\_\_ Goal: \_\_\_\_\_

\_\_\_\_\_

Step 1: \_\_\_\_\_

Reward: \_\_\_\_\_

Step 2: \_\_\_\_\_

Reward: \_\_\_\_\_

Step 3: \_\_\_\_\_

Reward: \_\_\_\_\_

Step 4: \_\_\_\_\_

Reward: \_\_\_\_\_

Step 5: \_\_\_\_\_

Reward: \_\_\_\_\_

Step 6: \_\_\_\_\_

Reward: \_\_\_\_\_

Step 7: \_\_\_\_\_

Reward: \_\_\_\_\_

Step 8: \_\_\_\_\_

Reward: \_\_\_\_\_

Step 9: \_\_\_\_\_

Reward: \_\_\_\_\_

Step 10: \_\_\_\_\_

Reward: \_\_\_\_\_


**HANDOUT 6.3**

# Doing Steps

The important thing now is to keep working on your stepladders and to keep practicing detective thinking. You should be practicing EVERY SINGLE DAY, and if you can, more than once per day.

Don't forget to keep using your detective thinking evidence sheets before trying a step for the first time or whenever you find yourself getting very worried or afraid.

You can also start to use worry surfing on worries after you have used detective thinking. – Remember the key is to concentrate on what you are supposed to be doing instead of thinking about the worry.

 <b>Realistic Thinking Detective's Evidence Sheet</b>	
<b>Event</b> What is happening?	
<b>Thoughts</b> What am I thinking?	
	<b>Worry Rating:</b>
<b>What is the evidence?</b> 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?	○
<b>What is my realistic thought?</b>	
	<b>Worry Rating:</b>



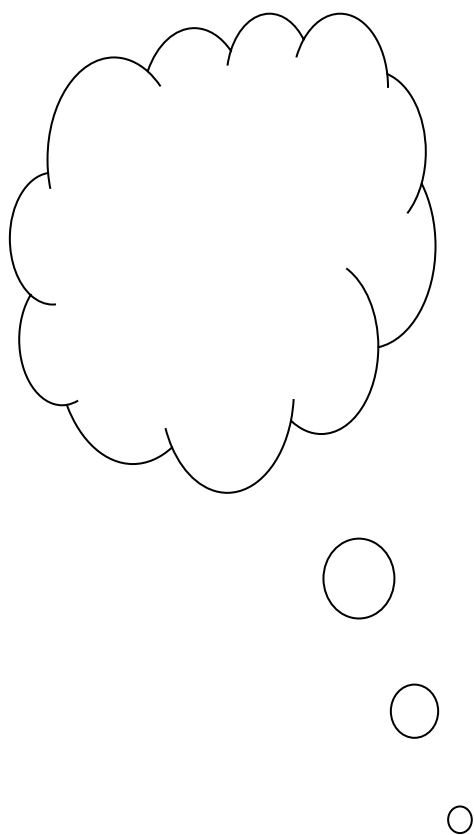
## Realistic Thinking Detective's Evidence Sheet

<b>Event</b> What is happening?	
<b>Thoughts</b> What am I thinking?	<b>Worry Rating:</b>
<b>What is the evidence?</b>  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?	
<b>What is my realistic thought?</b>	<b>Worry Rating:</b>

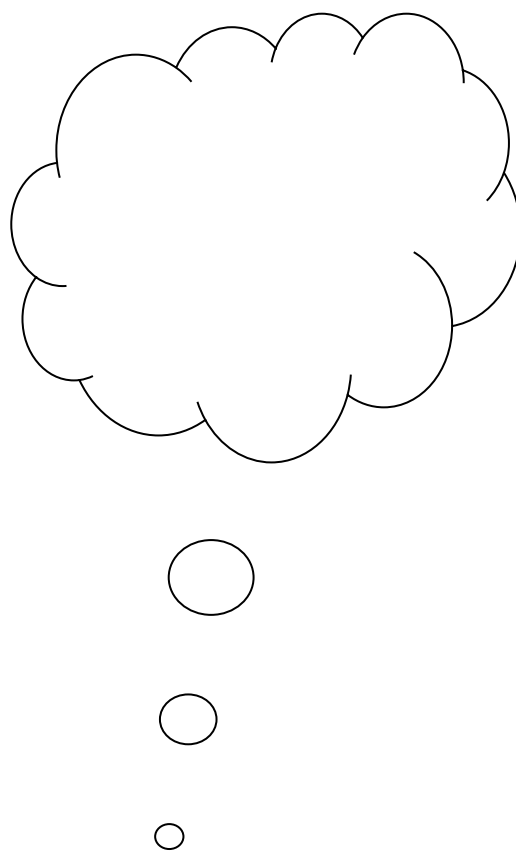
# My Thoughts

**On the left side, draw a picture of yourself in a situation that makes you nervous or scared, and write down the thoughts you have when you are in this situation. Then on the right side, draw another picture of yourself in the same situation, but now using the other thoughts you can have in the same situation.**

## Thoughts



## Other Thoughts



**...OVERCOME!**