

SESSION

7

ANXIETY SYMPTOMS INTERVENTION

SESSION HANDOUTS

- Handout 7.1:** When the Going Gets Tough
- Handout 7.2:** Learning to Solve a Problem
- Handout 7.3:** Doing Steps
- Handout 7.4:** My Thoughts

HANDOUT 7.1

When the Going Gets Tough

Facing fears is not an easy thing to do. By now, you've probably had a couple of practice times when things haven't gone as well as planned. Here are some hints and tips about what may be going wrong if things aren't going so well.

- Sometimes the fear is too much to handle or it's not very hard at all. So remember to **pick a fear that is hard, but doesn't freak you out.**
- Sometimes the step isn't very practical or it's is vague and you're not sure what you are supposed to be doing. So Remember to **make the step clear and make it something that can be practiced every day or every couple of days.**
- Sometimes we let our anxious thoughts carry us away and we don't think realistically. So remember to **read over or complete a detective's evidence sheet before attempting each step.**
- Sometimes we get out of a situation so quickly that we don't ever learn that the situation is safe. So remember to **stay in each situation long enough for your worry rating to come down.**
- Sometimes our worry ratings don't go down the next time we try a step so we want to give up, but it's important to remember that **each step has to be done often enough and sometimes lower steps need to be re-practiced many times before you can do higher steps.**
- Sometimes we forget where we are up to, so remember to **fill in part of a Fighting Fear by Facing Fear form every time you practice.**
- Sometimes we do a step but think it's no big deal, so remember that **fighting fears is a big deal and you should reward yourself every single time.**
- Sometimes we move too quickly because we are doing really well, but suddenly on the next step we get very scared. So remember **go up a step only when you are either bored or only a little bit scared.**
- Sometimes when we do a step we are secretly using something to distract ourselves from the fear like such as listening to a radio, but this means we never learn how safe the situation really is. So Remember, **always face a fear full on and with no help.**
- Sometimes we take something along that makes us feel better like a favorite teddy bear or a lucky charm, but later we think we were only safe because we had that thing with us. So remember **when facing fears, face them on your own so that you know that it was you who deserves the reward.**

HANDOUT 7.1 (CONT.)

When facing fears, difficulties are OK. You should expect that some days will be good days and it will be easy to face your fears, but other days will be tough and even the easy steps will seem pretty difficult. However it's also important to keep in mind that we don't expect you to have no anxiety. , The goal is to **have anxiety you can handle**. So don't give up, keep putting the strategies you have learned into place.

Think back to the steps that you have tried over the last couple of weeks. Have you had any of the problems described above? If so which ones?

What will you have to do this week to overcome these problems? Ask your parent(s) for suggestions if you are not sure what to do. – Write your solutions here.

Learning to Solve a Problem

Sometimes when we are facing our fears we get stuck in a situation, which we can't see a way out of. We don't know how to solve the problem.

One way of fixing situations like this is to do a problem-solving worksheet. This worksheet can help us to identify possible solutions to the problem and can help us to choose the best solution.

There are six steps to solving a problem:

1. Work out what the problem is.
2. Make a choice that you are going to try to solve the problem.
3. Brainstorm all the possible ways you could solve the problem, – not matter how silly they seem.
4. Go through each idea and work out what would happen if you did that to solve the problem. Would it lead to a good outcome or a bad one?
5. Select the idea or combine a couple of ideas that will lead to the best outcome.
6. Carry out that idea and then evaluate whether it was successful. If it wasn't, go back and try one of the other ideas that you had or think of some new solutions.

Each time you use a problem -solving worksheet, you get better at coming up with ideas and each sheet can be used to help create ideas for the next time you face that problem.

The worksheet to use for problem solving is on the next page.



Problem -Solving Worksheet

Step	Outcomes
Step 1: What is the problem?	
Step 2: Are you going to do something about this problem?	
Step 3: Brainstorm ideas for solving this problem.	Solution 1: Solution 2: Solution 3: Solution 4: Solution 5:
Step 4: For each idea, ask yourself – what would happen if you did it.?	Solution 1: Solution 2: Solution 3: Solution 4: Solution 5:
Step 5: Which idea is best? Which is second best?	
Step 6: Try the best idea and , see if it works. , if not try the second best idea.	


HANDOUT 7.3

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.

 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:



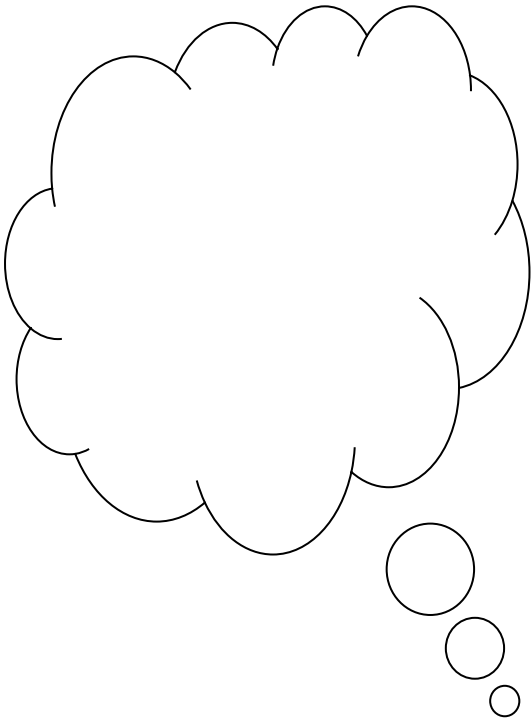
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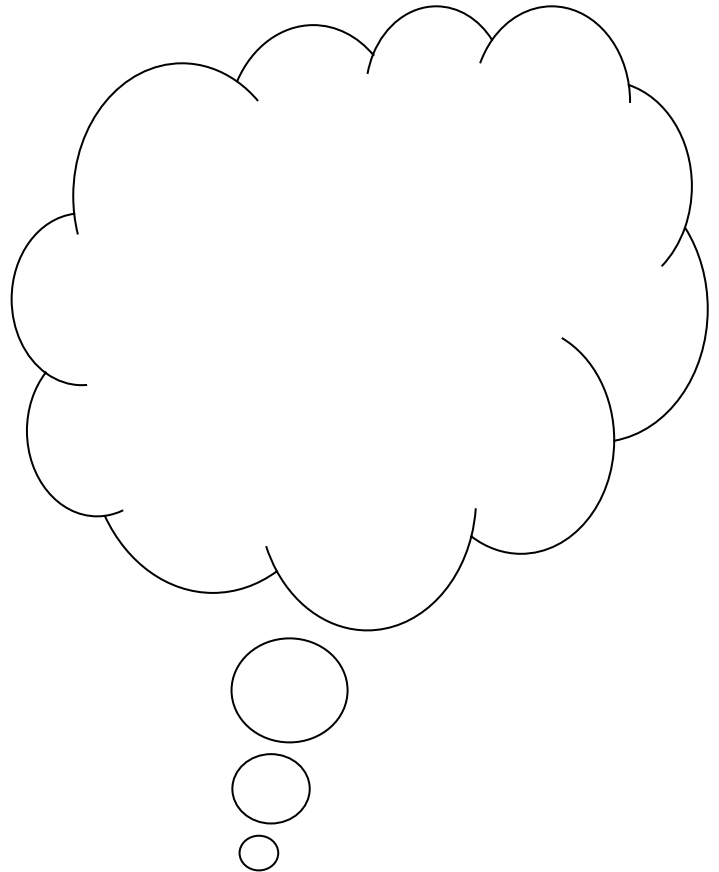
My Thoughts

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.

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...OVERCOME!

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"/>