

SESSION

9

ANXIETY SYMPTOMS INTERVENTION

SESSION HANDOUTS

- Handout 9.1:** Why Be a Confident Person?
- Handout 9.2:** Becoming Assertive
- Handout 9.3:** Assertiveness Checklist and Stepladders
Fighting Fear by Facing Fear Form
- Handout 9.4:** My Thoughts

Why Be a Confident Person?

Children who have lots of worries and fears often find it difficult to stand up for themselves and they often get teased. Sometimes they get angry when they are worried and they are not nice to others.

Most people like it when their friends are confident, calm and honest. It is very difficult to make friends if you are shy and keep to yourself all the time. Many anxious children find it hard to make friends because they don't have confidence in the way they speak and act in front of others.

The best way to develop self-confidence is to practice being assertive. It can be very tricky to be assertive if you don't know what to do, but you can learn how to be confident, calm and honest, even in really scary situations.

Different ways of communicating

There are three different ways of behaving when you are with others:

1. You may behave like a mouse who tries not to be noticed. But other people like to boss mice around and try to scare them because a mouse is pretty wimpy and doesn't stand up for itself when someone does something that they don't like.
2. You may behave like a cranky crocodile who and snaps and yells at other people. Most people try to avoid being with people who are cranky because they don't want to get hurt. When you try to tell people things in a cranky way, they may get angry back or laugh at you for being so upset.
3. You can behave in a cool, calm and confident way by standing up for yourself at the same time as being nice to other people. Assertive people make good friends and do not let others take advantage of them or their friends.

Why People Get Teased and Bullied

Bullies love power; they feel good when they make other people do what they want or when they make other people sad or mad.

Bullies pick on people who look or act different. They really like people who look like they are expecting something bad to happen and people who don't stand up for themselves and just cry or get mad.

By speaking and acting in a confident way you can make yourself less of a target for bullies, and you will also have a better chance of making and keeping friends.

HANDOUT 9.2

Becoming Assertive

Assertive people have to remember to keep a lot of different things under control. They know how to talk not only with their mouths but also with their eyes, face and body. They also know how to behave in a lot of different situations.

- Assertive people look others in the EYES, but they don't stare.
- They use good POSTURE, which means they stand up straight.
- They use a clear VOICE that is not too loud or soft.
- What they say, the CONTENT, is polite and pleasant even when they are standing up for themselves.
- They keep their FEELINGS calm (or look calm even if they don't feel it at the time).
- They APPEAR to be confident and in control. and
- They BEHAVE appropriately, like seeking help when they need it and taking risks by saying what they think, feel and want when it is safe to do so.

Try this Handout. ; Act out these four situations. (You'll need the help of some other people.). Other people not in session - First act them out as if you were a wimpy mouse, then try to be a cranky crocodile and finally practice being assertive.

Situation 1: You're in the cafeteria line at school and someone pushes in front of you.

Situation 2: Your neighbor borrows your bike without asking you.

Situation 3: You can't find the jam in the supermarket that your mom asked you to get and you need to ask for help.

Situation 4: You see some older kids picking on another student in the playground at lunch.

Try to think of some other situations where sometimes people act passively or aggressively. See if you can work out how an assertive person would act. Write your ideas below.

HANDOUT 9.3

Assertiveness Checklist and Stepladders

Practice this week includes working on your assertive behaviors and your stepladders.

For your assertive behavior practice, choose one situation a day where you can role play being assertive. Keep a record of these situations and mark off the checklist what assertive behaviors you remembered to use.

Assertive Behavior Checklist	
Describe the Situation	Check off which things you remembered to do
	<input type="checkbox"/> Strong eye contact <input type="checkbox"/> Good posture <input type="checkbox"/> Clear voice <input type="checkbox"/> Saying what you want politely <input type="checkbox"/> Staying calm <input type="checkbox"/> Appearing confident <input type="checkbox"/> Behaving Appropriately
	<input type="checkbox"/> Strong eye contact <input type="checkbox"/> Good posture <input type="checkbox"/> Clear voice <input type="checkbox"/> Saying what you want politely <input type="checkbox"/> Staying calm <input type="checkbox"/> Appearing confident <input type="checkbox"/> Behaving Appropriately
	<input type="checkbox"/> Strong eye contact <input type="checkbox"/> Good posture <input type="checkbox"/> Clear voice <input type="checkbox"/> Saying what you want politely <input type="checkbox"/> Staying calm <input type="checkbox"/> Appearing confident <input type="checkbox"/> Behaving Appropriately

HANDOUT 9.3 (CONT.)

Assertive Behavior Checklist (continued)

Assertive Behavior Checklist (cont.)	
Describe the Situation	Tick which things you remembered to do Check Off Things You Remembered To Do
	<input type="checkbox"/> Strong eye contact <input type="checkbox"/> Good posture <input type="checkbox"/> Clear voice <input type="checkbox"/> Saying what you want politely <input type="checkbox"/> Staying calm <input type="checkbox"/> Appearing confident <input type="checkbox"/> Behaving Appropriately
	<input type="checkbox"/> Strong eye contact <input type="checkbox"/> Good posture <input type="checkbox"/> Clear voice <input type="checkbox"/> Saying what you want politely <input type="checkbox"/> Staying calm <input type="checkbox"/> Appearing confident <input type="checkbox"/> Behaving Appropriately
	<input type="checkbox"/> Strong eye contact <input type="checkbox"/> Good posture <input type="checkbox"/> Clear voice <input type="checkbox"/> Saying what you want politely <input type="checkbox"/> Staying calm <input type="checkbox"/> Appearing confident <input type="checkbox"/> Behaving Appropriately
	<input type="checkbox"/> Strong eye contact <input type="checkbox"/> Good posture <input type="checkbox"/> Clear voice <input type="checkbox"/> Saying what you want politely <input type="checkbox"/> Staying calm <input type="checkbox"/> Appearing confident <input type="checkbox"/> Behaving Appropriately

HANDOUT 9.3 (CONT.)

This week you will also continue to work on your stepladders.

Use the Detective's Evidence Sheet if you have any worried thoughts and the Fighting Fear by Facing Fear Form to plan the steps that you will do this week and the Detectives Evidence Sheet if you have any worried thoughts.

 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:



Realistic Thinking Detective's Evidence Sheet

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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 9.3 (CONT.)

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: _		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"/>

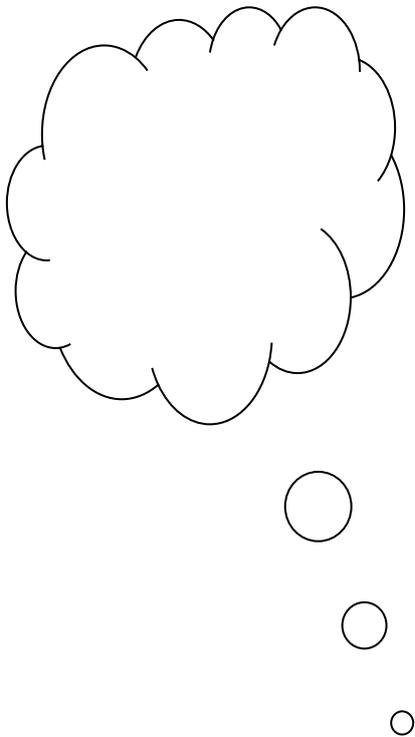
Fighting Fear By Facing Fear

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		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"/>

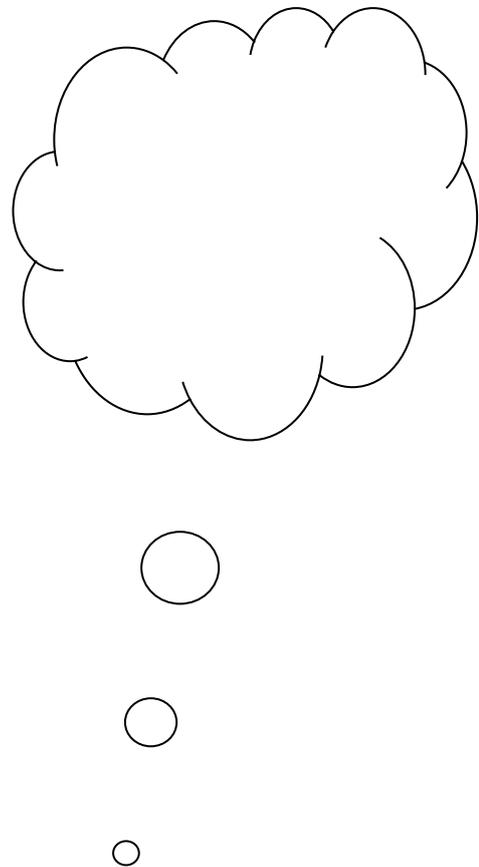
My Thoughts

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!