

Planning for Anxiety Flares

Instructions: Fill out the table below with some of your child's anxiety flares that will let you know in the future that their anxiety is getting serious again.

Anxiety Cue	Examples in Your Child
<p>Behaviors: Avoiding situations that cause anxiety, crying, being quiet, asking lots of questions, etc.</p>	
<p>Physical Reactions: Trembling, fidgeting, face/body turning red, comments about heart racing or stomach hurting, etc.</p>	
<p>Thoughts: Talking about something really bad happening even though it isn't likely</p>	