



Planning for the Future

Think about anxiety-related obstacles that your child might face in the future, then answer the questions below.

1. What are some fears and worries that my child and I want to keep working on, or maybe did not get to work on during the program? Are there any upcoming events, or fears that came up recently, that we would like to work on?

Neil being afraid of vegetables and not wanting changes in his routine. We didn't get to work on Neil sleeping by himself at his grandmother's house. I am going on an overnight trip soon, so Neil will have to sleep at his grandmother's house.

2. How will we tackle these goals? Make a list of specific, measurable, and achievable steps to accomplish. Then, develop a timeline.

My overnight business trip is going to be in two weeks. We will create a mission plan for Neil to be able to sleep at his grandmother's house without me. We will start by both of us sleeping in the same room at grandmother's house, then sleeping in separate rooms and so on.

3. What skills will my child need in the next few years? What possible anxieties will my child face?

Neil will start middle school soon, so he will need to get used to a new schedule and routine, learn to be more independent, and do more things on his own.

