



Reflecting on My Child's Progress

GOOD JOB!!

Take some time to reflect on your child's progress. You may want to refer to their Fears and Worries Checklist and Setting Goals worksheets from Module 1 to refresh your memory.

What fears and worries did my child identify at the beginning of the program? What were the goals for each fear and worry?

Fear/worry #1:

Fear/worry #2:

Fear/worry #3:

Fear/worry #4:

What fears and worries has my child practiced managing during the program?

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What specific skills or habits from the program has my child learned to help manage fears and worries in general?

What has my child learned to do differently that helps them better manage the fears and worries identified on the first page?

What are three accomplishments that my child is most proud of?

How have these accomplishments benefitted my child and our family?

What are the most helpful things I can do to support my child when they struggle with fears or anxiety?