



Reflecting on My Own Progress



It is also important for you to reflect on the progress you have made! Reflect on ways in which you have grown as well by answering the questions below.

In what ways have you changed how you respond to your child's anxiety?

Do you feel better prepared to help your child manage their anxiety in the future?

What can you look forward to doing as a family that you perhaps couldn't do before?

Has your family's overall stress level changed? If so, how?