

Questions to help reflect after practicing a mission plan step



- 1 What about that step went better than you expected?
- 2 What did you learn about your worry/fear?
- 3 What was hard about that step?
- 4 Did your anxiety feelings change from before to after practicing the mission plan step? How so?
- 5 Did the step get easier when you kept going?
- 6 Did [insert what feared outcome your child was expecting] happen? You might have thought [insert fear here] was going to happen but you were able to do it anyways!
- 7 Were there any good/fun things that happened because you did this mission plan step?