

Planning for Anxiety Flares

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
Behaviors: Avoiding situations that cause anxiety, isolating, distracting themselves, asking lots of questions, repeatedly checking on worries, etc.	
Physical Reactions: Trembling, fidgeting, face/body turning red, comments about heart racing or stomach hurting, etc.	
Thoughts: Overestimating how likely it is that something bad will happen, or overestimating how bad it will be if that bad thing does happen.	