

At-Home Practice – Week 1



Where is anxiety a problem for you?



Like ice cream, there are many different flavors of anxiety. Some flavors of anxiety will sound like what you struggle with, some will not. Many of these things would make most people anxious or worried. Check off the items that usually make you feel really upset or have started to get in the way of your life. **Put a star next to the things that would be extra important for you to work on. Use this information to set goals with your provider.**

Being away from family

- being apart from your parents or other caregivers, during the day or at night
- staying at school or in class

Social stuff

- worry that people might think something bad about you or laugh at you, or that you will be embarrassed
- speaking to new people
- answering questions in class
- eating or using a bathroom in public
- standing up for yourself

Worrying

- worrying that something bad might happen to you or the people that you love (health and safety)
- doing well enough in school or other activities (e.g., dance, music, sports)
- your future
- things going on in the world or in your community (e.g., politics, crime)
- natural disasters (e.g., earthquakes, tornadoes)
- family stress (e.g., divorce, finances)

- worry about little things that have happened in the past

Specific fears

- fear of specific animals (e.g., dogs, spiders, insects), heights, storms, the dark, vomiting, needles/shots, choking or something else very specific

Feelings in your body

- feeling anxious in your body (e.g., difficulty breathing, heart racing, feeling dizzy) out of the blue
- wanting to avoid places where you've felt anxious in your body before

Other stuff

- not making mistakes or being perfect
- thoughts about being contaminated by germs, dirt, or chemicals
- thoughts that are scary, violent, or sexual that make you feel really afraid
- worries that you might do something that you do not want to do
- things that you have to do repeatedly (washing, checking things, asking questions) or have to do in a certain order or routine to avoid feeling anxious