Anxious Behaviours- graded exposure work

Make a plan with the child to approach whatever makes them feel anxious gradually:

- 1. Break the worry down into manageable chunks write a list of what makes them anxious
- 2. Create a hierarchy or 'ladder' of their anxious situations and fears, by rating how anxious they would feel (0-10) and place them in order- 10 being worst
- 3. Start with no1 and practice & rehearse (repeatedly!) until the child feels less and less anxious....
- * Encourage the young person to think "what did I think would happen?" e.g. the anxious thought will come true, then consider "what actually did happen?" e.g. I coped with my worry/fear....then move onto step 2 when ready...this process can take a while and you go at the child's pace, if you need to take a step back and redo the previous step until ready again
- 4. Reinforce the learning with praise/ rewards.

Break the worry down into smaller manageable steps

Say goodbye to mum at school gates and go in Meet friend near school gates and say goodbye to mum Meet class teacher at gates and say goodbye to mum Meet class teacher at gates, mum waits at gate until I've gone into school before leaving Meet class teacher at gates and go into school with everyone else. Mum says goodbye at door. Meet class teacher at gates and go into class early (when it's still empty). Mum walks to entrance of school before saying goodbye Walk into class with mum and teacher (before school starts)

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GOAL: To go into school by myself