

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**



GOAL: To go into school by myself