

Worry Time:



- **Allow 15 minutes per day to talk** about worries. This is time together so really make the most of talking and listening about whatever worries. **There should be no interruptions**, no TV, no telephone, no sister, or brother wanting to play or have help with their homework.
- Worry Time is the time to say whatever the child wants to say about their worries, during this time mum/ dad/ guardian should listen and try and help.

There is one important rule about Worry Time:

At all other times when your child feels that their head is full of worries, they must write them all down and pop them into a WORRY BOX, A BOOK, - ready for discussion later.

Get the child to question their anxiety thoughts



- Questions to ask my thoughts and worries
- 1. What am I worrying about? Have I coped with this before?
- 2. What is the proof that this thought is true or will happen? What is the evidence that this thought is not true or will not happen?
- 3. What would I tell a friend if he/she had the same thought?
- 4. What would a friend say about my thought?
- 5. Am I 100% sure that this thought will happen?
- 6. **Is this a feeling or a fact?**