

Scientifically Proven Strategies of CBT

Empowering Parents with Knowledge and Tools to Effectively Manage Anxiety in the Family

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Signs of Anxiety

Visible Signs of Anxiety	Less Visible Signs of Anxiety
<ul style="list-style-type: none">• Physical distress (shaking, crying, hyperventilating, screaming)• Fleeing, escaping• Outright statements of anxiety (“I’m afraid the house will burn down tonight while I’m asleep.”)• Outright questions expressing fears (“What if you get in a car accident when you go out?”)• Refusal to engage in activities that cause distress• Extreme distress upon contact with feared object (dogs, birds, planes, extreme weather)• Avoidance of certain normative activities (allowing others in room, going to movies).	<ul style="list-style-type: none">• Clingy behavior• Irritability• Repeated questions• Avoidance behaviors• Complaints of physical illness, especially related to situations that trigger anxiety• Reassurance-seeking behavior• Argumentative behavior• Reluctance to try new things (activities, foods, places, routines)• Extreme shyness, sensitivity

What parents say about their anxious children

"She keeps asking what we are doing next, even when I've already told her several times."

"She won't eat anything other than chicken nuggets, pizza, carrots, cereal and sweets."

"He just is not confident about himself, even though he gets straight A's and is well liked."

"She is so picky about what she will wear. She will only wear one brand of under ware and socks and refuses to wear jeans or other things she thinks might be uncomfortable."

"He won't sleep in his own room at night and comes into our room most nights."

"He is so negative and grumpy most of the time. He doesn't want to do anything."

"He refuses to go to school some days."

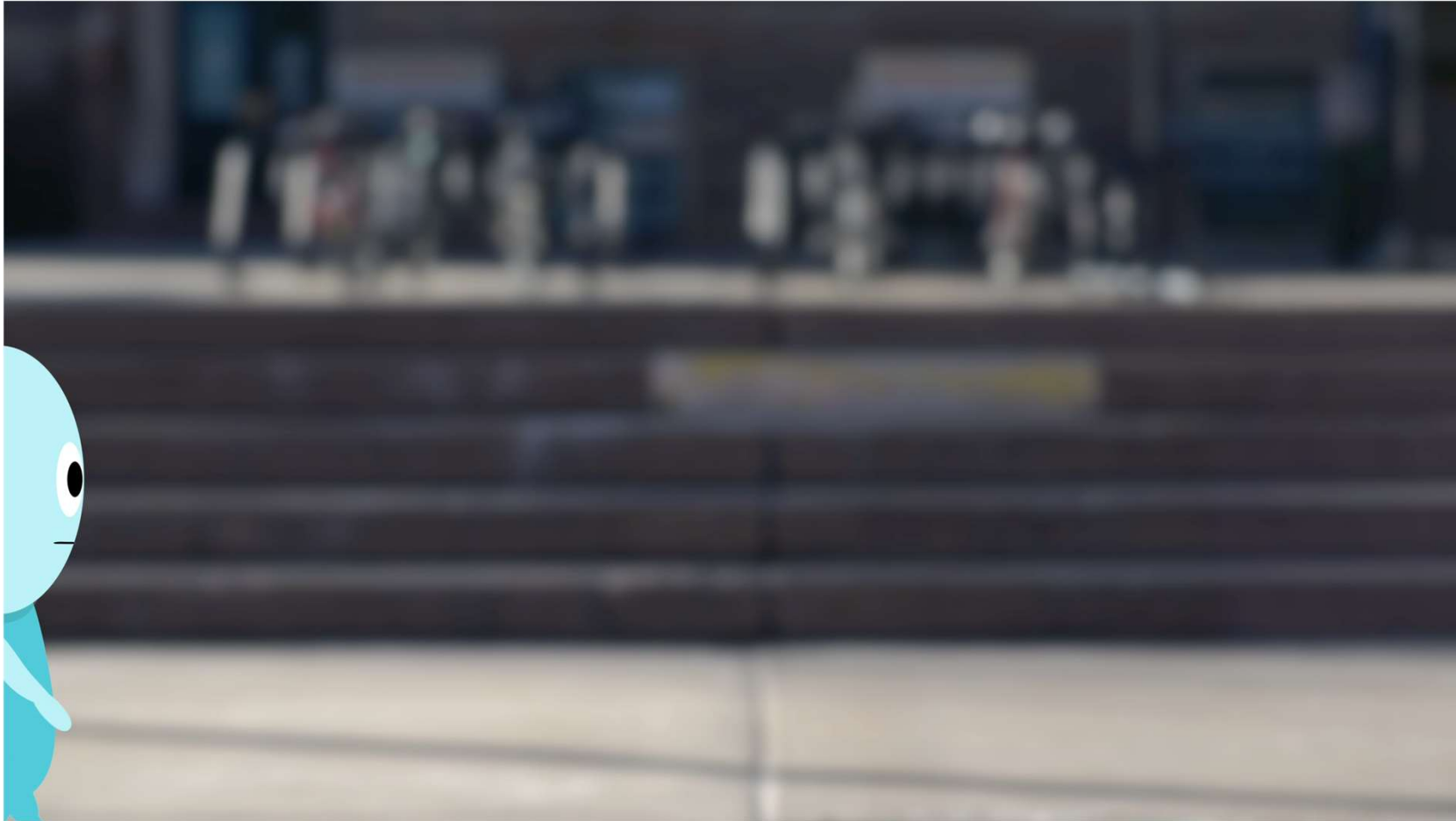
"He studies much more than his friends. He starts on his homework on the way home from school because he's worried, he won't have time to finish and relax."

"She says she wants friends, but she is afraid to invite anyone over or eat lunch with anyone but her best friend from pre-school."

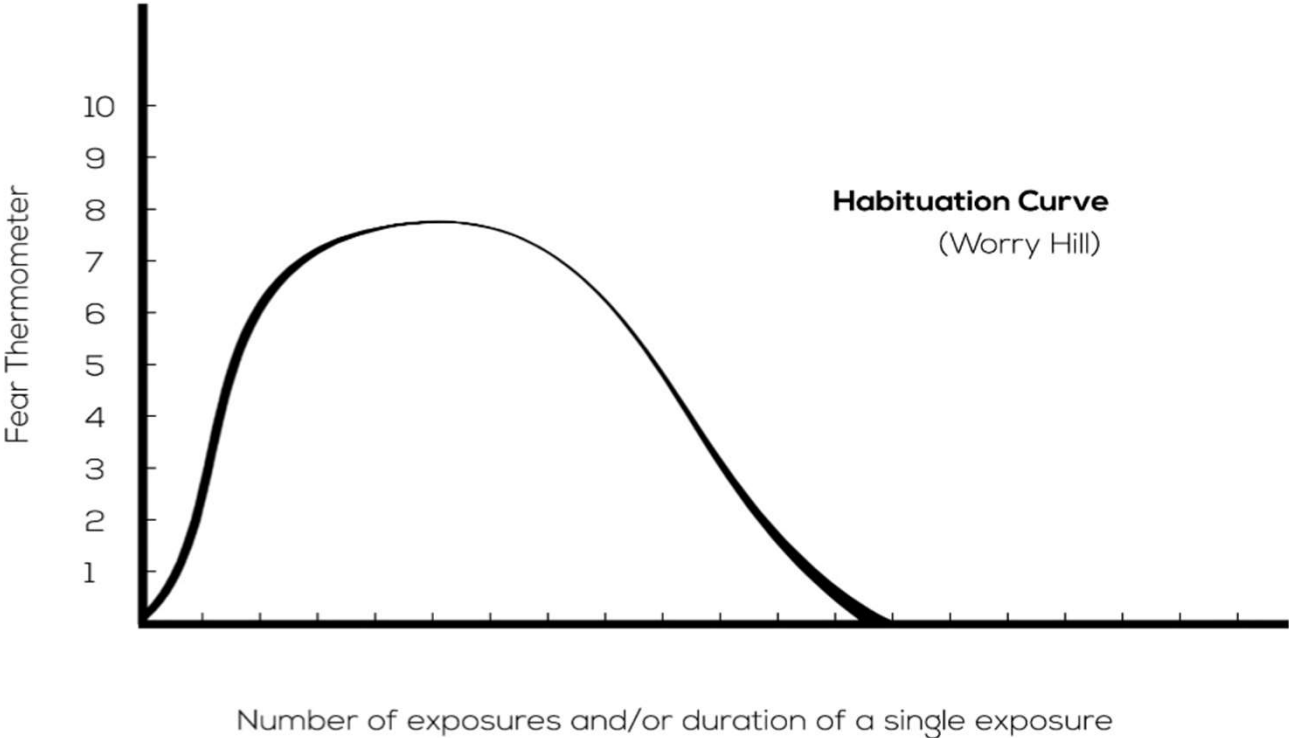
Common Types of Automatic Thoughts

1. **Catastrophizing:** focusing on the worst possible outcome
2. **Futurizing:** predicting future negative or fearful scenarios
3. **Overprobablizing:** expecting that dreaded outcome is extremely likely
4. **Black and White thinking:** Thinking in extremes-things are perceived as all good or all bad
5. **Mind reading:** Assuming you know what someone else is thinking

What is Social Anxiety?



The Worry Hill



Common Triggers and Feared Consequences

Situation	Feared Consequence
Raise hand in class	I will get the answer wrong, stumble on my words or go blank, and kids will think I'm stupid or weird.
Use public restroom	I will touch germs or other people's body fluids and get sick or worry about having yucky stuff on me.
Pack backpack for school	I will forget something important, and my grades will suffer.
Parents go out and child has a new sitter	Something bad will happen, and my parents won't come home. I might not feel well and need Mom to help me.
Take the school bus	I get really nervous. I might throw up. If I throw up, kids will think I'm gross and weird.
Make small talk with an acquaintance	I will have nothing to say or stumble over my words, and there will be awkward silences. Other kids will think I'm stupid and not like me anymore.
Ride elevators	The elevator will break. I will be stuck and get so scared I will shake and feel like I'm dying or having a heart attack.
Items are out of order	I am so bothered seeing things out of order that I won't be able to do anything else or relax until I put them in the correct order.
Encounter a big dog	The dog will bite me, lick me, or jump up on me.

Downward Arrow Technique

Trigger Situation: Touching a grocery store shopping cart

What will happen in this situation?

Other people's germs are all over the shopping cart.

What will happen if...people's germs are all over the carts?

I might catch a cold or the flu.

What will happen if...you catch a cold or flu?

I will feel terrible and get all stuffed up.

What will happen if...you feel terrible and get all stuffed up?

I won't be able to breathe at night

What will happen if...you are unable to breathe at night?

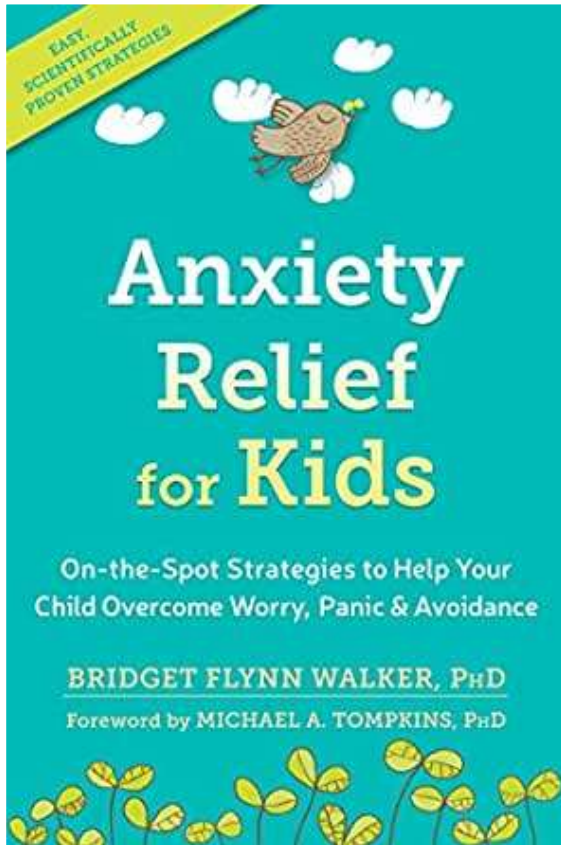
I might die in my sleep

Exposure Worksheet

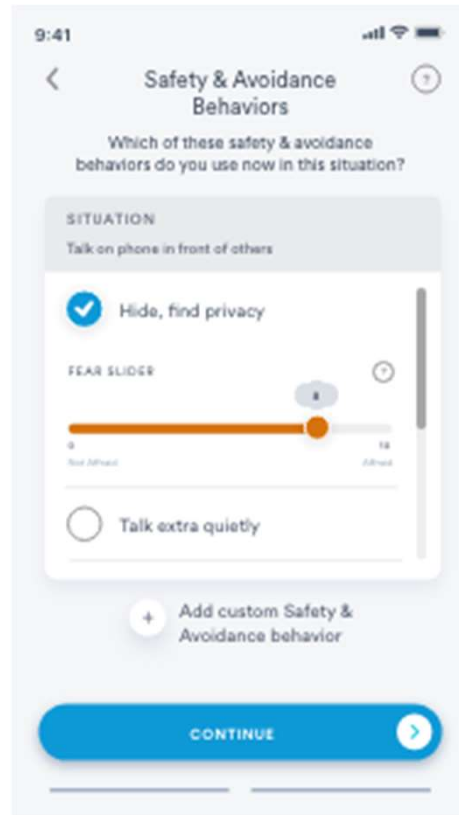
Before Exposure	
What I plan to do	
What am I most worried will happen?	
How strongly do I believe my prediction is correct (0-100%)?	
What will my Fear Thermometer/ SUDS be?	
Which safety/avoidance behaviors or rituals might I want to do?	
How confident do I feel that I can do the exposure without doing avoidance/safety behaviors or rituals? High? Medium? Low?	

After Exposure	
Did what I was most worried about occur?	
What did happen? Was I surprised?	
What was my Fear Thermometer/ SUDS?	
What did I learn?	

Books

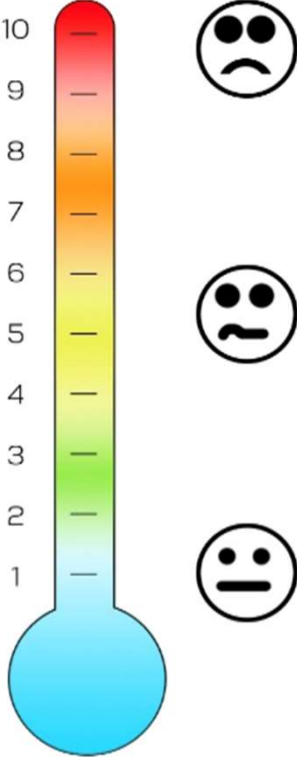


Float Behavioral Health



Float is a mobile app, based on proven CBT principles, that provides teens with self-help tools to better manage their social anxiety.

Fear Thermometer / SUDS



Resources

Books

Anxiety Relief for Kids.

Author: Bridget Flynn Walker, Ph.D

Social Anxiety Relief for Teens.

Author: Bridget Flynn Walker, Ph.D

Breaking Free of Child Anxiety and OCD.

Author: Eli Lebowitz, Ph.D

Exposure Therapy for Anxiety.

Author: Jonathan S. Abramowitz, Ph.D

Reputable Websites

www.adaa.org

www.iocdf.org

www.abct.org

www.spacetreatment.net