

SESSION

11

ANXIETY SYMPTOMS INTERVENTION

SESSION HANDOUTS

The Finish Line

Handout 11.1: Planning for the Future

Handout 11.2: Stopping the Fears and Worries from Coming Back



The Finish Line

| Number | Goal | Progress | Left to Do |
|--------|------|----------|------------|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |

Finish Line Questions:

- What goals were most important to you?
- Which accomplishments were you most proud of?
- What were the hardest goals to work on?
- Which goals will you continue to work on?

Celebrate your accomplishments, you've earned it!

Planning For the Future

Most of you probably will not have worked through every single step on all of your step-ladders yet. It's very important that even though you have worked through all of the activities, it is important to that you keep working up the stepladders until you reach your goals.

What steps do you still have left?

_____ from stepladder ____
_____ from stepladder ____
_____ from stepladder ____
_____ from stepladder ____

When do you plan to work on these steps? _____

What rewards are you still working towards?

What things could you face up to in the next few months that would help you conquer more fears?

Thing 1: _____ Worry Rating ____
Thing 2: _____ Worry Rating ____
Thing 3: _____ Worry Rating ____
Thing 4: _____ Worry Rating ____
Thing 5: _____ Worry Rating ____

What do you think the most important thing is? _____

When could you work on these fears? _____

Stopping the Fears and Worries from Coming Back

Fears and Worries are stubborn and they tend to try to sneak up on you when you're least expecting it. That's why it's important not to let your guard down.

The best way to do this is to practice both your detective thinking and the last step or two on each of your stepladders at least once or twice a month. That way, you won't have a chance to forget that the things that used to cause you worry, are really safe things and not something to be concerned about. Practicing gives fear a reminder that it's not welcome in your life except in really little bits.

It is OK to get worried once in a while and it's OK to be anxious when you have a test tomorrow, **BUT** your worry should never get so bad that it stops you from doing things that you want to do. If it does seem to be making you too nervous to do something you would like or need to do, then quickly do three things:

- ;
- Talk to someone like your mom or dad about it.
- Get your workbook out and try doing some detective thinking evidence sheets.
- See if you can break the situation down into some manageable steps which that you can try before doing the scary thing.

If you do these things your fears should never get too big and they shouldn't cause you too much trouble, especially now that you have the skills to beat fears and worries.