My Anxiety Alarm

My brain has an alarm that tries to keep me safe. Sometimes it rings when I am not in danger.

Name: _____ Date: _____

What the alarm does

Tick the one I do most.

Fight	Flight	Freeze
I want to argue, yell or push away	I want to run, hide or not go	I go quiet, stuck or blank
☐	☐	☐

My worry meter

How loud is my alarm right now? Circle a number.

0 1 2 3 4 5 6 7 8 9 10

calm — a little — medium — big — huge

When my alarm is at 0 to 3, I feel: _____

When my alarm is at 7 to 10, I feel: _____

My body clues

Circle the clues my body gives me.

Tummy ache	Fast heart	Shaky hands	Sweaty
Hard to breathe	Headache	Can't sleep	Tears
Tight muscles	Need the toilet	Hot face	Want to hide

When does my alarm ring?

Tick the ones that are true. Star the biggest one.

- ☐ Going to school
- ☐ Tests and reading out loud
- ☐ Bedtime or the dark
- ☐ Dogs, bugs or storms
- ☐ Making a mistake
- ☐ Crowds or loud places
- ☐ Saying goodbye to a grown up
- ☐ Meeting new people
- ☐ Something new or different
- ☐ Getting sick or throwing up
- ☐ Talking in class
- ☐ Something else:

The one I starred. My alarm says this will happen: _____

_____

What usually happens instead: _____

_____

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Thought Check

Worried thoughts feel true. A thought check helps me find a braver, truer thought.

Name: _____ Date: _____

Worry tricks to watch for

Fortune teller
"I just know something bad will happen."

Mind reader
"Everyone will think I am weird."

Making it huge
"If I mess up, it will be a disaster."

Only the bad
"I only notice what could go wrong."

Check 3 worried thoughts

1 **My worried thought:** _____

Worry trick (circle): Fortune teller · Mind reader · Making it huge · Only the bad

What really happened before? What else could happen? _____

_____

My brave thought: _____

2 **My worried thought:** _____

Worry trick (circle): Fortune teller · Mind reader · Making it huge · Only the bad

What really happened before? What else could happen? _____

_____

My brave thought: _____

3 **My worried thought:** _____

Worry trick (circle): Fortune teller · Mind reader · Making it huge · Only the bad

What really happened before? What else could happen? _____

_____

My brave thought: _____

Brave self talk I can borrow

- I can do hard things
- This feeling will pass
- I have done this before
- Try it and see
- I can ask for help
- Brave, not perfect

My own brave words: _____

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My Brave Plan

Calm my body, check my thought, then take one small brave step.

Name: _____ **Date:** _____

Calm my body first

Circle what helps. Star my favorite.

- ○ Balloon breath (slow out)
- ○ 5 4 3 2 1 senses
- ○ Drink of cold water
- ○ Tell a grown up
- ○ Squeeze and let go
- ○ Hug a soft toy
- ○ Count 5 things I see
- ○ My idea:

My brave steps

My big goal: _____

Start at the bottom with the easiest step. Rate the worry 0 to 10 before and after.

		Before	After	
5				☐
4				☐
3				☐
2				☐
1				☐

Repeat a step until the worry drops, then move up one rung.

My brave week

Color a star each day I practiced a brave step.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
☆	☆	☆	☆	☆	☆	☆

For grown ups: praise brave tries, not just results, and avoid doing the scary thing for the child. Talk with a doctor or counselor if worry is frequent, intense or keeps a child from school, sleep or friends. In the US, call or text 988 any time if a child talks about hurting themselves, or call 911 in an emergency.

My brave helpers: _____

Our reward for brave tries: _____

Grown up signature: _____

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