



How does anxiety make you  
**feel?**



How does your child's anxiety make you feel?

Blank space for writing an answer to the question: "How does your child's anxiety make you feel?"

What do you find difficult about managing your child's anxiety?

Blank space for writing an answer to the question: "What do you find difficult about managing your child's anxiety?"



When do you feel anxious?

Blank rounded rectangular area for writing.

How do you manage your anxiety?

Blank rounded rectangular area for writing.

How do you respond to your child's anxiety?

Large blank rounded rectangular area for writing.



What do you think about anxiety?

I just get on with it.

It's not real.

It's debilitating.

I don't understand it.

It's frightening.

Anything else?

A large, empty, rounded rectangular box for writing answers.



# Notes



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