

# LESSON TWO

UNRAVELING THE MYSTERIES OF YOUR CHILD'S ANXIETY

# Decoding your child's anxiety

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Anxiety looks different in each child. It is important to fully understand what drives your child's anxiety before we talk about how to battle it.

What are  
anxiety themes?

# Anxiety Theme

Is a general umbrella fear that encompasses all of your child's worries.

# Fear of Separation

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Intense fear that something bad will happen to themselves or their parent if they are not together.

# FEAR OF FAILURE

Fear of poor performance in  
grades, sports and  
extracurricular activities.

# Fear of Throwing Up

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Intense fear of throwing up or seeing someone throw up.

# Social Anxiety

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Fear of talking to adults and/or peers.

Fear of public humiliation. Consumed  
with what other people think.



# FEAR OF SAFETY

**Bad guys**

**Monsters**

**Aliens**

**Poltergeist**

**Car accidents**

**Weather**

**Global disasters**

# Fear of Health

**Fear of germs**

**Fear of diseases**

**Fear of contamination**

**Fear of pain**

**Fear of dying**

Why are anxiety  
themes so important?

- Instead of putting out fires, you can get to the root of the problem.
- You can address the global fear instead of addressing each individual phobia and worry.
- You are more likely to notice new fears as they pop up as well as circumvent new ones.

- Look for common themes that are present in each of your child's worries.
- Many kids will have a few anxiety themes.
- If you are unsure of what theme a worry falls under, ask your child questions from the cheat sheet in this lesson.

# FOOD FOR THOUGHT

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What are your child's anxiety themes?

Does your child have multiple anxiety  
themes?

# Exercises

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- 1) How to discover your child's anxiety themes.
- 2) Explore the distorted beliefs behind your child's anxiety theme.

# CHEAT SHEET

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A list of open-ended questions to ask your kids in order to discover their anxiety themes.