

**Example questions for parents to ask**

(Remember use of the ‘thinking like a judge’ & coping cards for child to try and cope themselves)

Spotting unhelpful/ ‘bad’ thoughts

Why are you worried?

What is your worry telling you is going to happen?

What makes you frightened about X?

What do you think might happen?

Tips:

* Check you’ve understood
* Why might you have a worry tummy?

Evaluating that worry thought

How much do you think out of 10 it will happen (10 = it will definitely happen)

Do you think your worry will come true?

Why do you think that will happen?

Has that happened to you before?

Has that happened to anyone else you know?

Do you think your worry will come true?

Tips:

* Ask either at the time of the worry or if this is too much try later on when things are calm and comfortable
* Try using a worry eater & worry time



Considering alternatives

Could something different happen instead?

Could something else cause that situation?

What would you tell your friend if they had this worry?

What might your friend think if they were in this situation?

Tips:

* Offering alternatives

Put fears to the test ‘let’s go and ask’

Take seriously & praise their efforts

Helping draw conclusions

How do you feel about the worry now?

How much do you think out of 10 it will happen (10 = it will definitely happen)

Do you think this worry is still going to happen?

It sounds like this worry might not come true, what do you think?

Tips:

* Try to avoid drawing conclusions for your child
* Reduce reassurance and use these questions

If their worry persists, you have exhausted their questions or their worry could be true

* Try problem solving with them
* Make an action plan of how to tackle it
* Ask them how you can help to overcome this problem
* Who else can help with this situation
* Encourage them they can do it/They’ve done it before
* Offer choices, rather than choosing for them



