

**FREE**

Worksheets

Featuring



Lynn Lyons, LICSW

**Bridge Back**

**to**

**Your Successes**

Practical and engaging printable tools!

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# Anxiety Makes You Forget...

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The child terrified to go to the party on his own ends up going, has a great time, but then worries with the same intensity when the next invitation arrives.

The teen with a school assignment due next week freaks out, convinced she won't be able to get it done, despite the fact that she does well academically and has completed countless assignments in the past.

This is typical of worry. So, what do we do?

Confront this anxiety-driven amnesia by expecting worry to show up, and prepare **reminder bridges** ahead of time.

Reminder bridges help children connect to past successes, specifically times when they felt anxious but moved ahead and handled the worry.

Because successes are so quickly cast aside by worry's catastrophic predictions, an ongoing practice to develop the skill of connecting to **what you did to manage worry** is key.

A reminder bridge is a connection to a previous success, and it is built **PRIOR** to worry arriving. As predictable as worry can be, so must be the responses.



# Bridge Back to Your Successes

Attempting to talk someone out of the worry in the middle of the worry often goes nowhere, but laying the groundwork, creating those neural pathways through repetition, and being ready to pull up reminder bridges when needed moves thinking patterns out of avoiding and toward doing.

Preparing your child with skills to handle worry, rather than preparing (and over preparing) your lives to prevent the arrival of your child's worry is what resilience and flexibility and emotional management are all about for a more adventurous hike ahead.

Here are some example statements to help your young clients connect back to their successes to help them overcome worry:

**1.** What steps did you take to accomplish this challenge last time?

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**2.** How did you feel the last time worry showed up and you were successful overcoming it?

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**3.** Let's write down your successes right here to help you remember them:

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# Helping Kids Connect to the Process of Moving Toward Mastery

Kids often assume that when somebody looks like they're really good at a task, that the person is just gifted and it's never a struggle for him/her. But we know there's more going on behind the scenes.

When kids get introduced to the process of mastery, it can be enormously helpful so they can expect challenges and know they're common. This can keep them from hopeless and discouraged.

Here are some great questions to help children connect to the process of mastery.

**1.** What can you do now that you couldn't do a few years ago?

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**2.** Can you remember something that was really challenging when you first tried it but now seems simple?

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**3.** Make a list of accomplishments that make you proud.

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**4.** What can you do now that you worried about?

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Please enjoy this free worksheet.



# Become a master at helping children with anxiety!



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## Helping Anxious Kids



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