



## ANXIETY CHECKLIST

Review the following chart and then rate your child's anxiety level. You may want to use a number system ranging from 1-10. The most frequent/serious characteristics would be rated higher, whereas rare/mild symptoms would be rated lower.

	Date	Date	Date
Dry mouth and swallowing difficulty or hoarseness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rapid breathing and heartbeat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Twitching or trembling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Muscle tension and headache	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Appetite changes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sweating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nausea, diarrhea and weight loss	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sleeplessness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hyperventilation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Irritability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fatigue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nightmares	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Frequent urination	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Memory problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Constant seeking of attention and reassurance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Checklist taken from *Helping Young Worriers Beat The WorryBug* by Dr. John Irvine Ph.D.  
Make sure to review *What's Bugging My Child* after completing the anxiety checklist.



## What's *bugging* my child?

If you recognize your child's behavior in the checklist, let's do a bit of detective work to figure out where it's all coming from.



1. First and foremost, take the child for a medical check-up. There are many medical disorders that have similar symptoms to anxiety, so talk to your doctor to rule out any medical causes. If you get the "all clear", move to other checks.



2. Do a parent self-check. If you're an anxious person, then your worrywart may be copying your coping style.



3. Do a management check. Many panicky kids come from homes where parents reward their child's anxiety by fixing it for them. The result is that kids don't learn how to manage their problems, but rely more and more on a parent sorting it out for them.



4. Do a context check. Try to note where and when these anxieties are at their worst. Could it be in the morning before school or upon arriving home in the afternoon? Maybe it's related to an unfamiliar location or activity?



5. Do a home environment check. Is the pace too fast, is the family too busy, is the morning routine chaotic? Is there too much going on after school? And don't forget to take a look at what the kids are watching on TV and DVDs—some are quite scary.



6. Check for any attachment issues. Does the child feel safe and secure with you? Are you super critical of them or yourself? Can your family fix the problem when things inevitably go wrong?

If the above checklist has not provided insight into what may be troubling your child, then it may be time to catch up with a well-respected local clinical child psychologist. They are the professional "mind sweepers" who can delve into more complex issues.

Taken from *Helping Young Worriers Beat The WorryBug* by Dr. John Irvine Ph.D.

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