

I Bet I Won't Fret!

A Workbook To Help Children with Generalized Anxiety Disorder

By Timothy A. Sisemore

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First printing

Assignment: Find out what things you worry about and how much you worry about them.

If we're going to learn how to worry less, we need to learn more about what we worry about. Then we will have a better idea of what we need to work on. It also helps if we know what things we worry about the most. That helps us know what things will need the most work. So, let's look at our next activity.

You may want to make copies of the Things I Worry About sheet as we will use it often. The first time it will let us know how bad the worries are to start with. Then, you can fill it out again and see how you're doing as you learn how not to fret.

You can also let your parents fill out a copy. Then you can compare what you think you worry about with what they think you worry about. That does not mean one of you is right or wrong, just that you've noticed different things. Having more people help only means you can do a better job of beating the worries.

Name _____ Age _____ Date _____

How much do you worry about these things?

	None	A Little Bit	Pretty Much	A Whole Lot
Being alone	_____	_____	_____	_____
Being in a big crowd	_____	_____	_____	_____
Being on time for school	_____	_____	_____	_____
Changes in my schedule	_____	_____	_____	_____
The dark	_____	_____	_____	_____
Flying on an airplane	_____	_____	_____	_____
Being with my friends	_____	_____	_____	_____
Getting embarrassed	_____	_____	_____	_____
Getting kidnapped	_____	_____	_____	_____
Getting lost	_____	_____	_____	_____
Getting hurt	_____	_____	_____	_____
Having to wear certain clothes	_____	_____	_____	_____
Getting in trouble	_____	_____	_____	_____
Getting sick	_____	_____	_____	_____
Going to bed alone	_____	_____	_____	_____
Going to new places	_____	_____	_____	_____
High places	_____	_____	_____	_____
How good I am at the things I do	_____	_____	_____	_____
How I look	_____	_____	_____	_____

How many friends I have	_____	_____	_____	_____
How much money we have	_____	_____	_____	_____
Looking foolish	_____	_____	_____	_____
Loud noises	_____	_____	_____	_____
Monsters or ghosts	_____	_____	_____	_____
My parents forgetting me	_____	_____	_____	_____
My parents getting a divorce	_____	_____	_____	_____
My grades	_____	_____	_____	_____
News I see on TV	_____	_____	_____	_____
Not being able to breathe	_____	_____	_____	_____
Riding on a bus or in the car	_____	_____	_____	_____
Robbers	_____	_____	_____	_____
Schoolwork	_____	_____	_____	_____
Something bad happening to my parents	_____	_____	_____	_____
Storms or tornadoes	_____	_____	_____	_____
Terrorists or war	_____	_____	_____	_____
Tests	_____	_____	_____	_____

Take Note

What three things do you worry about most?

What three things did your parent think you worry about most?

Now that you think of it, was your parent correct about anything he or she noticed that you really had not noticed?

If you could get rid of one worry, which one would it be?

How would your life be better if you didn't have that worry?

If you have filled out the Things I Worry About chart before, which worries are better this time?

Are any of your worries worse than last time?

Assignment: Learn about other things going on that might make your worries stronger.

There is, of course, a difference between real worries and those that aren't so real. If someone you love gets hurt and goes to the hospital, that's a real worry. Something bad really happened, and you're not sure how it will turn out.

Most worries are not so real. For example, you might worry about getting hit by a tornado. Yes, that might happen, but it's almost certain that it won't. Very few people ever even see a tornado, much less are in one.

These worries are tricky because they probably won't happen, but you know they could. Learning not to worry will mean not letting these not-so-real worries get to you. But it's harder to work on these when there are real things that worry and stress you.

The next assignment gives you a list of these real worries that might make more stress and worry in your life. The more of these things you have in your life, the more likely it is that worry and stress will bother you. It's important to know this so that you understand the things that could make your worries worse.

Mark the sheet on the next page to find out what real worries are affecting your life. These are things that have been going on during the past year.

Check all the things that apply to your life over the past year.

- ☐ One of my grandparents died. (3 points)
- ☐ One of my parents was very sick for a long time. (3 points)
- ☐ My parents divorced. (4 points)
- ☐ My parents decided to live apart. (4 points)
- ☐ My parents divorced a long time ago but continue to argue about stuff. (3 points)
- ☐ My family moved to a new city. (3 points)
- ☐ My family moved to a new house. (2 points)
- ☐ I moved to live with a different family member. (3 points)
- ☐ I changed schools. (2 points)
- ☐ I started having more trouble in school than I used to. (1 point)
- ☐ I was pretty sick, hurt, or in the hospital. (3 points)
- ☐ One of my brothers or sisters was pretty sick, hurt, or in the hospital. (2 points)
- ☐ My family is having to live on less money than we used to, or one of my parents lost his or her job. (2 points)
- ☐ I had a pet die. (2 points)
- ☐ I had a good friend move away or stop being my friend. (1 point)
- ☐ We had a baby born in the family. (2 points)
- ☐ We had one of my grandparents or someone else come to live with us. (2 points)
- ☐ There has been a lot more fussing in our house. (2 points)

- ☐ One of my parents started traveling as part of their job. (1 point)
- ☐ One of my family members or I was in a serious car accident. (2 points)
- ☐ I saw something really scary, like someone get hurt badly, a wreck, or an explosion. (2 points)

There may be some smaller things that have stressed you, too.
Please list these below:

1. _____
2. _____
3. _____
4. _____
5. _____

Add all the points on the things you checked. Add one point for each thing you added at the end. Put the number below.

TOTAL POINTS : _____

Rate your stress like this:

- | | |
|---------------------|---------------------|
| 0-3 points | Mild stress |
| 4-8 points | Moderate stress |
| 9-12 points | Serious stress |
| More than 12 points | Very serious stress |

What does my score mean?

The more serious your stress, the more real the worries you have. When you have more real worries, it makes it harder to sort the real from the not-so-real worries. Maybe your counselor and parents can help you with that.

If you have a whole lot of stress, it is important to do some things to help with it. Some things you can do include:

Talk to your parents

Talk to a friend Get more exercise Get more rest

Write in a diary or journal

Draw pictures that express feelings

Write other things that might help below:

Activity 6

How Anxious Am I? The Nervous Thermometer

Assignment: Learn how to rate how nervous you feel.

How can you know when you feel less worried? In this activity, you will learn how to measure how upset you are when you are worrying. This will help you, your parents, and your counselor know how upset you feel when you are nervous. It will also help everyone tell when things aren't upsetting you as much. That way, you and those who care about you can tell when you are learning not to be so upset when you think about nervous things.

You may want to make some copies of this activity sheet so you can practice using it.

Use the Nervous Thermometer like a real thermometer, except for the part about putting it in your mouth! Just look at the numbers and decide which is most like the way you feel. If this is a little confusing, just ask someone who cares about you to help you decide. With a little practice, you'll get the hang of it!