

Use the table on page 138 to think of steps with your child, and ask your child to rate how anxious they would be about performing each step.

How anxious does my child feel doing each step?

Once your child has done this you can add them in order from the least to the most frightening to your own step-by-step plan, or you can use the rocket on page 133. On the following pages we can see Sarah and Ben's step-by-step plans, with rewards for each step, which may give you some ideas for your own plan.

138 Helping Your Child with Fears and Worries

<b>Steps to include in the step-by-step plan</b>	<b>How anxious does my child feel about this step?</b>