

Understanding My Reactions: Self-Reflection



For

When my child shows signs of anxiety, what emotions do I typically experience? (e.g., frustration, worry, guilt, helplessness, anger, etc.)

What specific situations with my child tend to trigger my strongest emotional reactions? (e.g., public meltdowns, defiance, lack of focus, etc.)

How do I usually respond when I feel these emotions? (e.g., yelling, withdrawing, problem-solving, comforting, etc.)

What thoughts go through my mind in these moments? (e.g., "I'm failing as a parent," "They should know better," "I don't know how to help", etc.)

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How do my emotional reactions impact my child's behavior or emotional state?

What beliefs or past experiences might be influencing my reactions to my child's anxiety? How did my parents react to my struggles when I was a child?

What coping strategies have helped me stay calm and present in challenging situations?

What progress have I made in understanding and managing my responses?
