

# Anxiety Tracker

Child's Name: Matteo

Month/Year: 4/2018

Use this worksheet to note key details about times when your child became anxious. Because a caregiver's reactions can affect a child's behavior, rate how stressed you or your child's caregiver felt during these times.

Timing	Setting	Signs	Outcome	Child rating	Caregiver rating
<ul style="list-style-type: none"> <li>• Time of day</li> <li>• Day of week</li> <li>• Date</li> </ul>	What was happening just before your child began to feel anxious?	Which physical, emotional or behavioral signs of anxiety did you see?	What helped your child calm down? How long did it take to calm down?	How intense were your child's anxious feelings? (1=low, 10=high)	How stressed was your child's caregiver at this moment? (1=low, 10=high)
10pm Sunday 4/22/2018	Getting clothes and backpack ready for school the next day	Crying, yelling, didn't want to try to sleep	Dad rubbed Matteo's back for a long time	7	5
7:30am Monday 4/23/2018	Wasn't eating his breakfast and didn't want to go to school	Stomachache, then total meltdown	He calmed down pretty quickly after I said he could stay home	10	10
9:30pm Wednesday 4/25/2018	Trying to plan an essay. He kept saying things like "What if I pick the wrong topic?"	Clenching his jaw, tugging at his eyebrow, being mean to everyone	Dad role-played how to ask the teacher for advice on choosing a topic	6	4
7:45am Thursday 4/26/2018	Worrying about asking the teacher about the essay	Yelling, crying, refusing to go to school	Matteo watched me email the teacher and got on the bus, still a bit shaky	8	9
11am Saturday 4/28/2018	Nana was trying to take him to a classmate's birthday party	Meltdown, refused to go	He started to relax when Nana gave in and said he could stay home	9	10