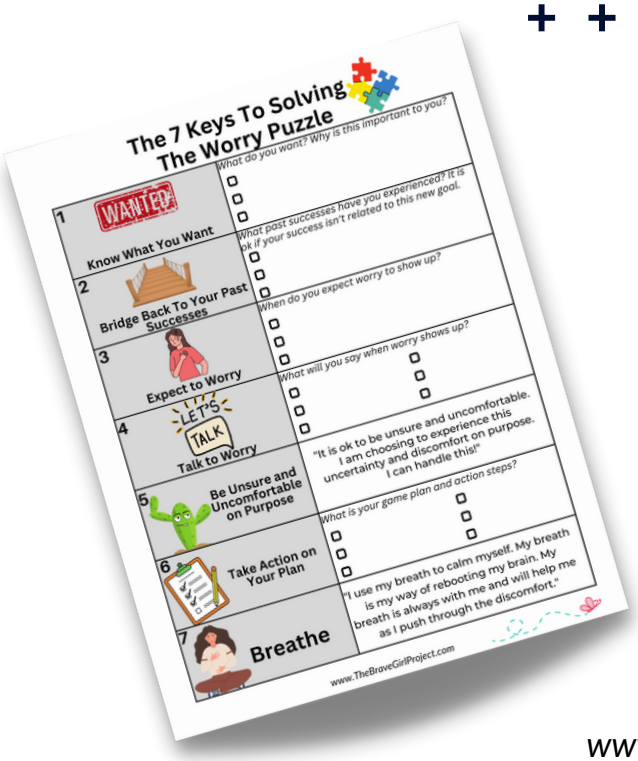


HOW TO USE THE 7 KEYS TO SOLVING WORRY

The worksheet that will help you support your daughter when she gets worried or is anxious.





THE 7 KEYS

Learn the 7 Keys to addressing worry.



BRIDGE BACK TO PAST SUCCESSES

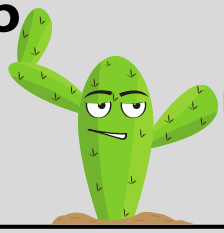
We all have done difficult things before. Use your past successes to help motivate you in your next challenge.



TALK BACK TO YOUR WORRY

Don't let worry keep you stuck! Talk back to worry! Externalize your worry and talk back to it when it shows up.

The 7 Keys To Solving The Worry Puzzle

1  **Know What You Want**	*What do you want? Why is this important to you?* ☐ ☐ ☐
2  **Bridge Back To Your Past Successes**	*What past successes have you experienced? It is ok if your success isn't related to this new goal.* ☐ ☐ ☐
3  **Expect to Worry**	*When do you expect worry to show up?* ☐ ☐ ☐
4  **Talk to Worry**	*What will you say when worry shows up?* ☐ ☐ ☐ ☐ ☐ ☐
5  **Be Unsure and Uncomfortable on Purpose**	"It is ok to be unsure and uncomfortable. I am choosing to experience this uncertainty and discomfort on purpose. I can handle this!"
6  **Take Action on Your Plan**	*What is your game plan and action steps?* ☐ ☐ ☐ ☐ ☐ ☐
7  **Breathe**	"I use my breath to calm myself. My breath is my way of rebooting my brain. My breath is always with me and will help me as I push through the discomfort."