

CAREGIVER RESOURCES

ANXIETY & AVOIDANCE PATTERNS



Scan me!

YOUR CHILD IS LEARNING

- Identifying anxious thoughts
- Changing unhelpful thoughts
- Analysing avoidance patterns
- Facing fears
- Cultivating self-awareness
- Breaking addictive patterns

DID YOU KNOW?

Your child is learning about patterns of avoidance.

Patterns of avoidance look different for everyone, and occur for different personal reasons. You can help your child break their patterns of avoidance by first identifying the task they are avoiding and why. The most meaningful part of the discovery process is helping your child reflect on the negative impacts of avoiding the task in the short-term, versus working through those uncomfortable feelings to complete the task for long-term thriving.

FIVE TIPS TO REINFORCE THIS LEARNING (FOR STUDENTS)

1	2	3	4	5
<p>Flip this negative thought into a positive thought: "I'll never be able to do this correctly. I quit!"</p> <p>How many new positive thoughts can you create?</p>	<p>Journal entry:</p> <p>What can you do to train your brain to shift your negative thoughts to positive ones?</p>	<p>Discuss as a family:</p> <p>Create an example of avoiding a feeling and getting instant gratification, leading to long-term consequences.</p>	<p>Discuss as a family your patterns of avoidance when you feel worried or stressed, and brainstorm ways to break those patterns.</p>	<p>Journal Entry:</p> <p>What is one of your unhelpful habits of avoiding hard feelings (E.g., eating junk food)?</p> <p>What is one small step you can take to break this habit?</p>