



Combating Teen Anxiety

PARENT ASSESSMENT OF TEEN ANXIETY

Answer the following questions with Yes or No:

- Does your teen worry often about school performance?
- Does your teen often compare themselves to others, and or feel as if they're "Not Good Enough?"
- Has your teen's anxiety stooped them from doing activities they normally would?
- Does your teen often avoid situations where the outcome is uncertain, or they are afraid they might fail?
- Does your teen often worry about their mental health?
- Does your teen often get irritable and/or explode emotionally at relatively minor issues?
- Does your teen often avoid confrontation or difficult conversations?
- Is your teen often concerned about what other people think of them?
- Is your teen often worried about losing control?
- Does your teen often appear overwhelmed?
- Does your teen have difficulty relaxing and put a lot of pressure on themselves to succeed?
- Does your teen struggle to engage verbally and hide behind texts and social media?

If you ticked more than 4, please review the [10 Steps Methodology](#) below.



PARENT ASSESSMENT OF TEEN ANXIETY

Here's My Exact 10-Step Process to Combating Teen Anxiety:

Step 1 Know Your Values In A Meltdown

Step 2 Recognize That Mindset Matters

Step 3 Acknowledge Achievement & Set Expectations

Step 4 Regulate Your Nervous System

Step 5 Have The Difficult Conversations

Step 6 Talk About Sex

Step 7 Identify Shame Triggers & Negative Beliefs

Step 8 Replace Unhealthy Habits

Step 9 Practice The Art Of Letting Go

Step 10 Own Your Authenticity

If you answered more than 4 responses with Yes, it's likely your teen is really struggling with anxiety. Now return to video 3 so you can hear more about my secret sauce for helping them with their anxiety.