

ANXIETY ICEBERG

Free Anxiety Worksheets for Children and Teens

THE WORRY ICEBERG: WHAT'S UNDERNEATH?

Some worries are small, like the tip of an iceberg you can see. But just like a real iceberg, there's often a bigger worry hidden underneath!

The Tip of the Iceberg:
This is the worry you can easily say out loud.

Example:

I don't want to speak in front of the class!

I don't want to go to school!

What if I forget what to say?

What if everyone stares at me?

What if people laugh at me?

What if I mess up?

Feeling ashamed
Feeling embarrassed

Feeling lost

Feeling uncomfortable
Feeling overwhelmed

What if I don't understand the work?

I feel nervous when things change.

What if my friends don't want to play with me?

Under the Water:
The deeper thoughts and feelings.



MELTING THE WORRY ICEBERG!

Now that you've spotted your hidden worries, it's time to think them out! Just like ice melts in the sun, worries get smaller when we understand and challenge them.

Look on the worry under the teacher. Use each hidden worry and ask yourself:

Is this really true?



What can I do about it?

MELT YOUR OWN WORRY ICEBERG!

Now it's your turn to think your animal! Use this worksheet to challenge your hidden worries and make them feel smaller.

Step 1: Write down your 'The Tip of the Iceberg' worry.

Step 2: Look under the teacher.

Now look at your hidden worries beneath it. For each one, ask yourself:

Is this really true?



What can I do about it?

Hidden worry:

Hidden worry:

Worry Free Worry

Wenbin Ji



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