



I am worried about my new step-parent.
Will they like me?

Worries: Squash, Save or Share



I am worried about germs; they are everywhere and I don't want to be ill.

Worries: Squash, Save or Share



I am worried in the dark. I don't feel safe, so I don't like going to bed at night.

Worries: Squash, Save or Share



I am worried about being on my own in the playground.

Worries: Squash, Save or Share



I am worried about my mum/dad, because s/he doesn't live with us anymore.

Worries: Squash, Save or Share



I am worried that I am going to disappoint my family.

Worries: Squash, Save or Share



I am worried about going to the dentist.

Worries: Squash, Save or Share



I am worried about strangers coming into my house.

Worries: Squash, Save or Share



I am worried that my dad/mum is going to lose his/her job.

Worries: Squash, Save or Share



I am worried that we are going to have to move away to a different place.

Worries: Squash, Save or Share



I am worried when I have to sit a test at school.

Worries: Squash, Save or Share



I am worried that something bad will happen to my parent(s).

Worries: Squash, Save or Share



I am worried if I have to go on a boat, or an aeroplane.

Worries: Squash, Save or Share



I am worried about sleeping overnight at somebody else's house.

Worries: Squash, Save or Share



I am worried about what will happen when our new baby arrives.

Worries: Squash, Save or Share



I am worried about having an injection at the Doctors.

Worries: Squash, Save or Share



I am worried about the way I look.

Worries: Squash, Save or Share



I am worried about my because s/he smokes.

Worries: Squash, Save or Share



I am worried about using the toilet at school.

Worries: Squash, Save or Share



I am worried that..... is going to die.

Worries: Squash, Save or Share



I am worried when I watch the news; bad things keep happening that scare me.

Worries: Squash, Save or Share



I am worried about the children at school teasing me and being unkind.

Worries: Squash, Save or Share



I am worried that no one likes me.

Worries: Squash, Save or Share



I am worried about because s/he's in prison.

Worries: Squash, Save or Share



I am worried that we don't have enough money to buy food in our house.

Worries: Squash, Save or Share



I am worried when people shout at me or at each other.

Worries: Squash, Save or Share



I am worried when I think someone is going to hurt me or someone in my family.

Worries: Squash, Save or Share



I am worried about how much alcohol drinks.

Worries: Squash, Save or Share



I am worried about getting lost or separated from my family.

Worries: Squash, Save or Share



I am worried when I hear crying at night.

Worries: Squash, Save or Share



I am worried about telling people what is going on for me; but I really need help.

Worries: Squash, Save or Share



I am worried that I might accidentally wet the bed at night.

Worries: Squash, Save or Share



I am worried when the Landlord comes to our house asking for the rent.

Worries: Squash, Save or Share



I am worried when I hear a word or comment that I don't understand.

Worries: Squash, Save or Share



I am worried when is looking after me.

Worries: Squash, Save or Share



I am worried about getting into trouble.

Worries: Squash, Save or Share



I am worried about getting older and what will happen to me.

Worries: Squash, Save or Share



I am worried about natural disasters like flooding, fire or hurricanes.

Worries: Squash, Save or Share



I am worried that if people really knew me, they wouldn't like me.

Worries: Squash, Save or Share



- How likely is this to happen?
- Have I got all of the facts?
- Are there any positives to this?
- Who can I ask for help?

Worries: Squash, Save or Share



- Is this my worry or does it belong to someone else?
- Is there anything I can do to stop this happening?

Worries: Squash, Save or Share



I am worried...

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