

*script library***SCRIPT 4 | WHEN YOUR CHILD FEELS ANXIOUS.**

Try: “Anxiety is a normal human experience. It’s trying to predict problems before they happen. Sometimes it’s helpful, but sometimes it gets too loud.”

Then ask: “What is anxiety telling you right now?”

Follow up with a meaning narrative: “Being nervous is a normal human experience. I feel that way sometimes. But when that happens, I like to focus in on the meaningful things I can do right now to fulfill my purpose.”

Action: Take them out for a special date - a one-on-one lunch or coffee date. Ask them what their purpose is right now. What are your roles? What duties come with those roles? What responsibilities do you have? Those answers are ways to determine what their purpose in life is right now.

Remind them that they don’t have to know what their purpose is at 18...30...or 65. Connect by telling them that your purpose and life course has changed in many ways you couldn’t have anticipated. Point to past experiences you’ve had that worked out despite fear or anxiety.

At the end of the day, their job is just to do the best with what is in front of them. Fulfill their purpose. Do their best. Serve and love others. Those are things they can absolutely do.

Focus on that narrative and the anxiety will be a passing experience, not a crippling state.

