



Parent Prompts

CURIOSITY

Introduction:

Definition: Curiosity in the context of supporting an anxious teen is about seeking to understand their experiences and feelings without judgment or preconceived notions. It involves asking open-ended questions that encourage exploration and expression, showing a genuine interest in their world.

Curiosity prompts:

- "Can you help me understand what's been on your mind lately?"
- "What does it feel like when you experience [specific anxiety trigger]?"
- "Can you describe what's going on when you start to feel anxious?"
- "Is there anything in particular that makes you feel better when you're anxious?"
- "Can you walk me through what happened before you started feeling this way?"
- "How would you like me to support you when you're feeling anxious?"
- "What are some things that help you relax and feel less anxious?"
- "Can you share more about your thoughts and worries related to [specific situation]?"
- "Is there something you'd like to talk about, or any questions you have?"
- "What can we do together to make things a bit easier for you?"
- "Can you tell me more about what you're feeling right now?"
- "What does this situation/experience mean to you?"
- "How can I best support you in this moment?"
- "What's one thing that you wish others understood about what you're going through?"

- "Can you help me understand what triggers your anxiety the most? It's okay if you don't know"

Curiosity Sentence starters:

- I wonder if....
- Could it be...?
- I am trying to imagine....
- Can you help me understand...?
- Tell me if I'm getting this wrong...
- It sounds like you might really be struggling with...
- Is there a part of you that...
- As you were talking I was starting to think that maybe...
- Does this make any sense...

Conclusion:

Utilising curiosity in your conversations opens up new pathways to understanding and supporting your teen. Embrace these prompts as tools for building a stronger bond through communication.

Remember, the strategies and insights in this guide offer just a glimpse into my Anxiety Allies programme. Tailored for parents of anxious teens, it provides in-depth strategies, tools, and ongoing support, transforming your approach to understanding, communicating, and empowering your teen through their journey with anxiety.

Dr Beck

NAVIGATING ANXIETY WITH TEENS & PARENTS