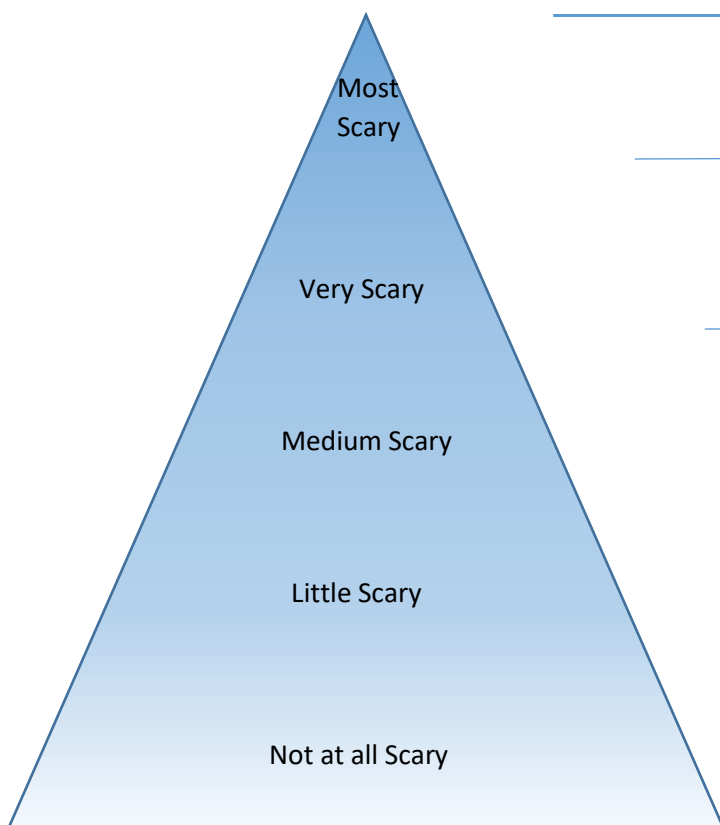


Conquering The Mountain of Fear



My child may show fear or avoidance by:

These are the feelings and thoughts I may have:

Things I can tell myself, or actions I can do to reduce my own distress:

How I can support my child for achieving a step on the fear mountain: