

Anxiety disorders

Preparing to Discuss Anxiety Patterns

Adults and teens 13+ | 10 to 15 minutes

Anxiety disorders include different patterns of fear, worry, and avoidance. Ordinary stress alone does not establish a disorder. A professional conversation can explore what happens, how long it has affected you, and whether other health or environmental factors need attention.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Bring the pattern

Choose two situations that show the concern. Describe frequency, interference, and actions you take to manage it. Note what is easier in supportive settings; this can reveal useful accommodations.

Bring your priorities

You might want to travel more freely, sleep more consistently, or participate in school. Ask how assessment will distinguish anxiety patterns, consider medical or substance effects, and include your preferences in treatment choices.

1. Which two situations best show the anxiety pattern you want help with?**2. How does it affect daily activities, relationships, or participation?****3. What current pressures, substances, medicines, or health changes should the clinician know about?****4. What outcome and treatment questions matter most to you?****Clinical use and adaptation**

Assess differential explanations and safety before proposing generic approach practice. Do not use this page to screen or diagnose specific disorders. Include access barriers, actual threats, developmental context, and culturally meaningful expressions of distress.