

# **Pitfall: Modeling**

- **When you model anxiety without coping skills, your children can internalize these behaviors and beliefs, mirroring your anxious responses to stressors**
- **Constantly expressing anxiety can lead to an environment of hypervigilance and fear, where children learn to perceive the world as threatening and unpredictable**
- **To counteract, use the PEAK techniques of Reframing Thoughts/Shifting Emotions, Self-Talk to Self-Regulate, and “I Feels,” to discuss anxiety while also modeling healthy coping strategies**