

Making A FEAR Totem Pole

<https://campcopealot.com/totem-pole>

Prompts to Help Design a FEAR Totem Pole:

This list can help you support your child/student/client in thinking of areas where they run into anxiety or stress more often than they would like. Kids may not be aware of their own worries or patterns of avoidance or difficulty so providing some prompts can help them generate some ideas about what to work on for their Totem Pole Challenges. It's okay if they only choose one or two areas – you can create multiple practices within one area of worry.

It may be helpful to prompt by saying “Here’s a list of things many kids worry or get nervous about.” Let’s go through the list, and we’ll see which ones we may want to keep in our FEAR Totem Pole.

Instructions:

“Here’s a list of things many kids worry or get nervous about. Let’s go through the list, and we’ll see which ones we may want to keep in our FEAR Totem Pole.

Choose four items that you think are the most difficult, or, the four that you feel the most anxious about. Write those four in the top four spots on your totem pole, with the most difficult one being all the way at the top.

Next, choose three items that you think are sort of in the middle. Three that you feel anxious about, but less anxious than for the top four. Write those three to the middle three spots on your totem pole.

We’re almost done. Choose three items that you think are not as difficult as the others. Those that you feel a little anxious about. Write those three to the bottom three spots on your totem pole.

Great. So, this is your totem pole. You’ll have chances to change these around later, in case you change your mind. Each time we start we can write in any changes we want. But for now, these will be the Totem Pole Challenges that you’ll do to practice using your FEAR plan.”

Note to coaches: It’s OK if your child/student/client chooses only one or two areas of worry. You can create multiple types of practices for single areas of worry. See the “Ideas for Totem Pole Challenges” page in the Go-To-Gadget or in the FEAR Totem Pole Forest from the Main Menu for ideas on different types of practices.

Prompts To Help Design a FEAR Totem Pole

Stuff About School:

1. Going to a school event (game day, or dance).
2. Asking the teacher a question in class or answering a question in class.
3. Writing on the chalk/dry-erase board in front of the class.
4. Participating in gym class.
5. Taking a test at school.
6. Choosing where to sit in the cafeteria.

Worry about safety or health:

1. Worry about getting germs/getting sick.
2. Worry if it is safe to use public transportation (buses, trains)
3. Worry about dying
4. Worry if you are safe or if a burglar might break-in or you might get kidnapped
5. Worry if you might get stung/hurt/bit or infected by a dog/cat bug or other animal
6. Get scared to go up a tall building or high ladder because you might fall.
7. Worry if something bad will happen if there is a thunderstorm or lightening, tornado, or other storm

Worry about the future:

1. Worry about your grades
2. Worry about things happening in the world based on what you hear on the news
3. Worry about the future
4. Get nervous if you're not sure about what will happen next.

Performing in front of others:

1. Answering questions in class
2. Giving a speech or reading out loud in class
3. Eating in front of others (at home, school, or at restaurants).
4. Answering the phone.
5. Performing in front of an audience (like performing music, or being in a play, or playing in a sporting event).
6. Having your picture taken.

Being away from Mom, Dad, or a loved one:

1. Your parents being late to pick you up
2. Staying somewhere away from your mom, dad or loved one, or away from home
3. Not being able to call or reach your mom, dad, or loved one when they are away.
4. Leaving home in the morning to go to school.
5. If your mom, dad, or loved one is planning to go somewhere without you.
6. Having to stay with a babysitter (or relative) while your mom, dad, or loved one is out.
7. Going to a sleepover.

Talking with other kids:

1. Talking to a new kid
2. Starting or joining in a conversation with other kids.
3. Calling a classmate (to invite them over or ask for homework).
4. Going to a birthday party, a school function, or a dance.
5. Having to tell someone to stop teasing you.
6. Having to say no to someone if you don't want to do what they're asking (like if they ask to borrow your homework but you don't want to give it to them.)

Talking with adults:

1. Buying something in a store by yourself.
2. Asking an adult for help (like a teacher or police officer).
3. Talking to an adult (like a store clerk, waiter, or principal).
4. Ordering for yourself in a restaurant.

Worry about being good at things:

1. Worry about making a mistake on homework or classwork.
2. Worry about someone being upset or disappointed with you.
3. Worry about getting into trouble in school.
4. Worry about being good at sports, dance, art, or other activities.
5. Worry if you have enough friends, or whether people like you.
6. Worry about being on time.
7. Worry whether you'll be good enough when you have to perform in front of others (like music, sports, or a play).

Worry about other people:

1. Worry that your parents will argue
2. Worry whether your mom, dad or family members are healthy
3. Worry whether your mom, dad, or family have enough money.
4. Worry about hurting someone's feelings
5. Worry about what will happen if a loved one or relative dies.

Worry about being alone:

1. Sleeping alone.
2. Worry that something bad might happen to you or to your parents when you are not with them.
3. Have trouble going to sleep without mom, dad, or loved one staying close to you at bedtime.
4. Being at home alone.
5. Being in the dark alone.