

Dad-Daughter Date Questions on Anxiety

from *Let's Talk: Conversation Starters for Dads and Daughters*

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Dad, this set of questions provides a way for you to hear about whatever is causing your daughter anxiety. The impact of her anxiety can range from something being a nuisance to it being totally debilitating. If and when her excessive worry occurs more days than not for at least six months, contact her medical doctor and/or a mental health professional.

Here's a way you could bring up this topic with her: *"Hi, honey. I've read that anxiety disorders are the most common mental health condition in our country and they're twice as common in women than men. With all that's going on in the world---and in your world---and since I realize there's a range in how they manifest, I'd love to hear more about how anxiety affects your life. Would you be open to talking about it with me?"*

1. Do you have any **friends** who deal with anxiety, or do you know anyone who's been clinically diagnosed with an anxiety disorder? From what you understand or have heard, what impact has it had on their lives?
2. What makes you the most anxious **right now**, and how does anxiety affect your life?
3. What happens in your **body** when you feel anxious?
4. What **thoughts** do you have when your anxiety is most intense? Do you have negative thoughts about yourself, others, the future, or anything else?
5. Because **genetics** play a role in anxiety disorders, do you have any observations about how anxiety manifests in other members of our **family**? What impact does their anxiety have on you?
6. When you feel most anxious, is there anything **I do** that makes it **worse**?
7. When you feel most anxious, is there anything **you do** that makes it **worse** [e.g., sleeping more/less, looking at social media and comparing yourself, calling or texting certain friends, consuming more caffeine, eating more/less food, etc.]?
8. When you feel most anxious, what can I do to **better support** you in proactively moving through the intensity of that anxiety?