

**Suggested Interview Questions**  
**For Sissy Goff, Counselor & Author of**  
***Brave: A Girl's Guide to Overcoming Worry and Anxiety***

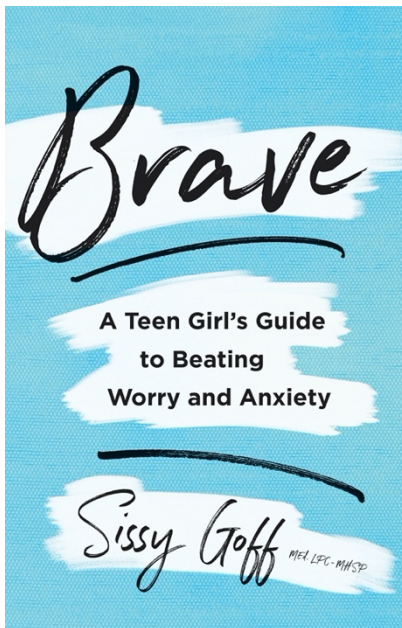
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“The girls I see who live with anxiety are some of the most hardworking, caring, intentional, kind, brilliant girls I know. Things matter to them. *Everything* matters to them, which can make life hard. And it can make it hard to know when or how to turn that kind of care off.”

-- Sissy Goff, MEd, LPC-MHSP, Daystar Counseling

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- Why is anxiety the primary mental health problem facing children and teens today? Has it been increasing?
- How have you seen COVID affect anxiety in teenagers?
- How are you seeing anxiety manifest itself specifically with teen girls?



- It was startling to read in your book girls are twice as likely to develop an anxiety disorder as boys, but boys are brought in for treatment more than girls. Why is that? What does that say about girls and anxiety?
  - What is the relationship between fear, worry and anxiety?
  - Explain the concept of taking a “worry temperature” with a child.
  - How does a parent affect the anxious daughter?
  - How is anxiety now not just an epidemic, but also a trend among kids today?
  - Can anxiety be cured?
  - You remind us over and over in your book that we all worry to some degree. How is the physical component in anxiety especially hard on children?
  - How does a sense of powerlessness impact a girl with anxiety?
- Name some specific ways adults can create security for the anxious girls in their life?
  - Why do you say the most important thing you do is helping girls find their voice?
  - Why do you think girls today have greater expectations but less hope than children in generations past?

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**GUEST:** Sissy Goff -- MEd, LPC-MHSP, Licensed Counselor, Director of Child and Adolescent Counseling, Daystar Counseling, Nashville, TN  
**BOOK:** *Brave: A Teen Girl's Guide to Overcoming Worry & Anxiety* (Baker Books)  
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**WEBSITE:** [www.RaisingBoysandGirls.com](http://www.RaisingBoysandGirls.com)  
**SOCIAL HANDLES:** @SissyGoff

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