

Rescue Chart

List all forms of rescuing for each part of the day.
Describe briefly the change in parent or sibling behavior prompted by the child's anxiety.
Specify if the rescue behavior recurs regularly.

	Caregiver 1	Caregiver 2	Siblings
Morning			
Getting up			
Getting Dressed			
Breakfast			
Going to School			
Other			
School/work			
Afternoon			
Pick up from school			
Lunch			
Homework			
Out-of-school activities			
Social activities			
Other			
Evening			
Supper			
"Family time"			
Pre-bedtime			
Other			
Bedtime			
Getting ready for bed			
Washing up/showering			
Going to bed			
Other			
Nighttime			
Weekend			
Other			
Other			