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Why Are You So Scared? explains PTSD and its symptoms in nonthreatening, kid-friendly language, and is full of questions and exercises that kids and parents can work through together. The interactive layout encourages kids to express their thoughts and feelings about PTSD through writing, drawing, and designing.

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Anxiety and Fear It's not entirely clear why those with anxiety have a fear response that's malfunctioning. In general, it's believed to be a coping problem that is either learned (through life situations) or genetic (in your DNA), or both. There's also an evolutionary reason for anxiety: it helps us to respond to and survive physical threats.

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