CLÍNICA VIVALDI · FREE SHEET · ANXIETY

Separation anxiety disorder

Excessive fear or anxiety of separation from attachment people, with concern that something will happen to them. It can occur in children as well as adults.

COMMON SIGNS

- Intense distress when separating
- Worry that something will happen to the other person
- Avoids sleeping alone or leaving home

TIPS FOR YOU

1. Brief, predictable goodbyes without dragging them out
2. Gradual exposure to short separations
3. Validate the fear and convey confidence

FOR FAMILY AND FRIENDS

1. Short, loving goodbyes without dragging them out
2. Keep your promises about when you'll be back

WHEN TO ASK FOR HELP

1. If they can't go to school or work
2. If the distress lasts more than a month

TO OBSERVE AND NOTE DOWN

☐ Separating from the people I love really distresses me

☐ I worry something will happen to them when I'm not with them

☐ I avoid going out or sleeping away from home because of this worry

☐ I need to know where they are at all times

☐ I have nightmares about being separated

☐ I have aches or feel unwell when I know a separation is coming

☐ I call or text many times to check they're OK

☐ This worry holds me back in life

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-de-ansiedad-por-separacion
- Full article: Separation anxiety: clinicavivaldi.com/en/trastorno-ansiedad-por-separacion
- Free guide: Childhood and youth: clinicavivaldi.com/en/guia-infancia-juventud
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112