

Family accommodation tracker

What the anxiety is currently asking the household to do

Accommodation is the term for the things families do to keep a child from becoming distressed: answering the same question again, checking for them, taking over a job they find hard, changing the route, letting them sleep in your bed, doing the talking for them.

It is what any loving parent does, and it is not a parenting failure. Research links higher accommodation with more severe childhood anxiety (Iniesta-Sepúlveda and colleagues, 2021), which does not by itself show that accommodation causes anxiety. It is one of the first things treatment looks at. Filling this in is not an admission of anything. It shows what the anxiety is currently asking the household to do.

This week

WHAT WE DID	HOW OFTEN	WHAT IT PREVENTED

Reading it back

The one that takes the most out of the household

The one that would be easiest to change first

What I think would happen if we changed it

Changes to accommodation work best when they are announced in advance and made calmly, not sprung in the moment. Bring this sheet to the session and we will plan the order together.

If your child becomes aggressive, talks about hurting themselves, or you are worried about anyone's safety, keep everyone safe first and get professional help before going further. In an emergency call 999.

A worksheet, not treatment, advice about your situation or a diagnosis. It is best used alongside a qualified clinician. If using it makes things worse, stop and speak to your GP or clinician, and in an emergency call 999. Written by Anxiety CBT Ltd and free to print for personal or clinical use, unchanged and with this footer left on. Not for sale. © 2026 Anxiety CBT Ltd · Dr Daniel O'Rourke · anxietycbt.co.uk/resources/accommodation-tracker