

Information vs reassurance seeking questions

Students who are experiencing anxiety often find short-term relief by seeking reassurance. This short-term solution does not provide the long-term skills needed to address anxiety and get back to the activities and behaviors the student truly enjoys. Here are a few examples to help you differentiate when a child is asking basic information seeking versus reassurance seeking questions.

Information seeking	Reassurance seeking
Asks a question once	Repeatedly asks the same question
Asks a question to be informed	Asks questions to feel less anxious
Accepts the answer provided	Responds to the answer by challenging the answerer, arguing, or insisting the answer be repeated or rephrased
Asks people who are qualified to answer the question	Often asks people who are unqualified to answer the question
Asks questions that are unanswerable	Often asks questions that are unanswerable
Seeks the truth	Seeks a desired answer
Accepts relative, qualified or uncertain answers when appropriate	Insists on absolute, definitive answers whether appropriate or not
Pursues only the information necessary to form a conclusion or make a decision	Indefinitely pursues information without ever forming a conclusion or making a decision

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