

## **Anxiety – Treatment Plan Goals & Objectives/Interventions**

**Goal: Anxiety will no longer be at a clinical level and client will demonstrate improved functioning.**

**Interventions:**

- Focus on developing a level of trust with the client.
- Provide psychoeducation on anxiety.
- Implement assessment tools.

**Objectives:**

- Identify and verbalize top sources of anxiety, fears, and concerns and 3 coping skills for managing anxiety.
- Able to sooth self when anxious over 50% of the time within 4 weeks of therapy.
- Client will show a decrease in anxiety from \_\_\_\_\_ to \_\_\_\_\_ on an anxiety measurement tool over a 12-week period.
- Scores on the Severity Measure for Generalized Anxiety Disorder will decrease form 30 currently to 10 or less by \_\_\_\_\_.
- Able to engage successfully in 1 identified activity that was once avoided due to anxiety symptoms.
- Increase functioning as indicated by subjective report of anxiety free days 5 days per week.
- Report a decrease in overall frequency and intensity of anxiety response to that daily functioning is not impaired.
- Take medication as prescribed.

**Goal: Reduce overall frequency, intensity, and duration of anxiety so that daily function is not impaired.**

**Interventions:**

- Teach client how to recognize and avoid triggers.
- Teach CBT to identify and challenge negative thought patterns.
- Discuss how “worry time” can be an effective tool in managing anxiety.

**Objectives:**

- Describe the situations, thoughts and feelings that impact functioning and attempts to resolve them.
- Attend at least 10 sessions of cognitive-behavioral therapy (CBT) to identify and challenge negative thought patterns, practice relaxation techniques, and develop coping skills to manage anxiety symptoms. Track progress by using validated self-report measures of anxiety and functional impairment before and after each session, and set specific goals for reducing frequency, intensity, and duration of anxiety between sessions.
- Homework - read assigned psychoeducational books, blogs, or material on worry and generalized anxiety.

- Implement “worry time” into one’s day and self-monitor by keeping a journal of assisted with thought stopping, relaxation and redirecting attention. Report during therapy sessions.
- Complete a daily mood and anxiety diary for at least 30 days, recording frequency, intensity, and duration of anxiety symptoms, along with associated triggers and coping strategies. Use the diary to identify patterns and develop specific coping strategies and track progress by analyzing changes in self-reported anxiety and functional impairment over time.

**Goal: Decrease catastrophic thinking.**

**Intervention:**

- Teach client how to reframe intrusive/catastrophic thoughts.
- Teach client CBT techniques for challenging negative thinking patterns.
- Educate client on cognitive restructuring.

**Objectives:**

- Attend cognitive-behavioral therapy (CBT) sessions focused on challenging and modifying catastrophic thinking patterns, and complete at least one homework assignment related to cognitive restructuring techniques each week over the course of 8 weeks, tracking progress through self-report measures.
- Use a thought record to identify and evaluate catastrophic thoughts as they arise, and practice cognitive restructuring techniques to reframe the thoughts in a more balanced and realistic way, at least three times per week over the course of 12 weeks, tracking changes in negative thought patterns and overall mood.
- Participate in exposure therapy to anxiety-provoking situations and use cognitive restructuring techniques to challenge and modify catastrophic thoughts during exposure sessions, gradually increasing the level of difficulty over the course of 16 weeks.
- Use positive affirmations and self-talk to challenge and replace catastrophic thoughts and practice these techniques for at least 5 minutes per day over the course of 4 weeks, tracking changes in self-reported levels of anxiety and overall mood.
- Attend a support group focused on managing anxiety and catastrophic thinking, and share personal experiences and coping strategies with peers, receiving feedback and support from group members and the therapist. Attend at least 8 sessions over the course of 12 weeks and track changes in self-reported levels of catastrophic thinking and overall mood.
- Examine potential biases such as the probability of the negative expectation occurring, the real consequences of it occurring, his/her ability to control the outcome, the worst possible outcome, and his/her ability to accept it. Keep a journal of catastrophic thoughts and replace with rational thought. Report during therapy session. Experience a 50% reduction in catastrophic thoughts through management.
- Work with therapist/counselor to help expose and extinguish irrational beliefs and conclusions that contribute to anxiety.
- Report a decrease in catastrophic thinking during session and provide examples of when one was able successfully implement a change in thinking patterns.

**Goal: Reduce frequency and intensity of panic attacks.**

**Interventions:**

- Therapist provides information to client about what panic attacks are, causes and how to manage.
- Therapist discusses relaxation techniques, teaching client such skills as progressive muscle relations, breathings, and visualization exercises.
- Exposure therapy – gradually expose client to situations or activities that trigger panic attacks in a safe and controlled environment to help desensitize them to these triggers and reduce panic attacks.

**Objectives:**

- Reduce the frequency and intensity of panic attacks by at least 50% within 6 weeks.
- Develop a daily relation practice and maintain it for at least 20 minutes a day for 4 weeks.
- Complete a minimum of three anxiety-provoking situations (such as public speaking or going to a crowded event) without avoidance behaviors within 8 weeks.
- Improve overall levels of anxiety by reducing scores on an anxiety assessment by at least 20% within 12 weeks.
- Panic attacks will reduce from \_\_\_\_\_ times a week currently to \_\_\_\_\_ times a week or less within 6 weeks.
- Increase the number of positive coping strategies used to manage anxiety symptoms by at least two within 4 weeks.
- Be free of panic episodes by 100% following full therapy treatment regimen.

**Goal: Develop strategies to reduce anxiety symptoms.**

**Intervention:**

- Help client identify stressors and conflict in their lives.

**Objectives:**

- Use a stress dairy to identify and track stressors for 2 weeks, then develop a plan to address the top 3 stressors within 4 weeks.
- Recognize and plan for top 5 anxiety-provoking situations.
- Reduce overall anxiety scores on a standardized assessment by 20% within 6 weeks.
- Improve quality and quantity of sleep by at least 1 hour per night within 4 weeks.
- Identify and challenge at least two negative thought patterns that contribute to anxiety within 2 weeks.
- Gradually increase time spent in feared situations, as measured by a self-monitoring log, by 10% per week over 8 weeks.
- Increase use of coping strategies, as measured by a self-monitory log, by 50% within 4 weeks.

**Goal: Develop relaxation and stress reduction techniques.**

**Interventions:**

- Teach client Progressive Muscle Relaxation (PMR).
- Teach client deep breathing exercises.
- Teach client how to use guided imagery to create a sense of relaxation and calm.

**Objectives:**

- Practice a relaxation technique, such as deep breathing or progressive muscle relaxation, for at least 15 minutes every day for 4 weeks.
- Use a stress dairy to identify and track stressors for 2 weeks, then develop a plan to address the top 3 stressors within 4 weeks.
- Achieve at least a 10% reduction in heart rate or blood pressure during a relaxation exercise within 6 weeks.
- Use a self-monitoring log to track stress levels and relaxation techniques used and increase the use of effective techniques by 50% within 4 weeks.

**Goals: Identify and challenge negative thought patterns.****Interventions:**

- Teach client about cognitive restructuring.
- Teach client a combination of cognitive behavioral techniques and mindfulness practices (Mindfulness-Based Cognitive Therapy) and guide through mindfulness exercises.
- Teach client thought stopping.

**Objectives:**

- Keep a thought dairy for 1 week to identify at least three negative thought patterns related to anxiety.
- Use cognitive restructuring techniques to challenge and reframe at least two negative thoughts per week for 8 weeks.
- Complete a worksheet on cognitive distortions and identify how they are impacting thoughts and emotions.
- Improve scores on a self-assessment of negative thinking by at least 20% within 4 weeks.
- Increase use of positive affirmations or self-talk by 50% within 6 weeks, as measured by a self-monitory log.

**Goal: Increase awareness and understanding of triggers.****Interventions:**

- Provide psychoeducation about common causes and triggers of anxiety and provide information on the physical, emotional, and cognitive symptoms that are commonly experienced.
- Teach mindfulness techniques.
- Discuss the advantages of keeping journal to track triggers and anxious thoughts.

**Objectives:**

- Complete a worksheet on anxiety triggers and identify at least three personal triggers within 2 weeks.
- Keep a journal or log of anxiety symptoms and potential triggers for 1 week and identify patterns or common themes within 2 weeks.
- Use a self-monitoring log to track anxiety symptoms and triggers and identify at least two triggers a week for 4 weeks.
- Create an anxiety trigger hierarchy, ranking triggers from least to most distressing, and gradually expose oneself to each trigger while using coping strategies to manage symptoms.

- Reduce the impact of anxiety triggers by at least 30%, as measured by a standardized anxiety assessment, within 8 weeks.

**Goal: Improve emotional regulation and expression.**

**Interventions:**

- Provide emotional regulation skills training.
- Discuss the benefits of Expressive Therapy (art therapy, music therapy, or other forms of creative expressions).
- Help client identify and express their emotions more effectively.
- Identify patterns of emotional avoidance and help client develop strategies to tolerate and express their emotions in a healthy way.

**Objectives:**

- Identify at least three emotions that are difficult to regulate and use a self-monitoring log to track these emotions for 2 weeks.
- Practice a mindfulness or meditation exercise for at least 10 minutes each day for 4 weeks to improve awareness of emotional states.
- Complete a worksheet on emotional regulation strategies and implement at least 2 new strategies per week for 8 weeks.
- Increase ability to express emotions in a healthy and constructive manner, as measured by a self-monitory log, by 50% within 6 weeks.
- Improve scores on an emotional regulation assessment by at least 20% within 12 weeks.

**Goal: Increase sense of control and self-efficiency.**

**Interventions:**

- Help client understand the locus of control.
- Help client set achievable goals and track their progress to see success.

**Objectives:**

- Identify at least three areas of life where one feels a lack of control and use a self-monitoring log to track perceptions of control in those areas for 2 weeks.
- Practice decision-making skills by making at least one decision each day for 4 weeks and reflect on the process and outcome.
- Complete a worksheet on building self-efficiency and identify at least three areas to work on over the next 8 weeks.
- Increase completion of tasks and goals, as measured by a self-monitoring log, by 50% within 6 weeks.
- Improve scores on self-efficiency assessment by at least 20% within 12 weeks.
- Report feeling more confident about abilities during therapy session.

**Goal: Improve self-esteem and self-confidence.**

**Interventions:**

- Implement positive psychology interventions such as gratitude journaling, self-compassion exercises, and identifying personal strengths can help clients develop a more positive self-image and increase their self-esteem and confidence.
- Work with client to identify activities that are meaningful and enjoyable to them and help them develop a plan to engage in those activities regularly.

- Help clients understand and work through unconscious conflicts and emotions that contribute to low self-esteem and lack of self-confidence.

**Objectives:**

- Use a self-monitoring log to track negative self-talk related to anxiety and replace it with positive affirmations at least three times per day for 2 weeks.
- Complete a worksheet on self-compassion and implement at least two new self-compassion practices per week for 8 weeks.
- Identify and reflect on personal strengths and achievements and record them in a self-esteem journal at least three times per week for 4 weeks.
- Increase eye contact during conversations. Self-report in therapy session.
- Gradually engage in activities that are anxiety-provoking and use coping strategies to manage symptoms while recognizing and celebrating successes.
- Improve scores on a self-esteem assessment by at least 20% within 12 weeks.
- Report feeling more positive about self and abilities during therapy session.

**Goal: Develop and maintain a healthy lifestyle.**

**Interventions:**

- Provide client with information and resources on healthy lifestyle choices.
- Help client with goal setting.

**Objectives:**

- Increase physical activity by at least 30 minutes per day, 5 days a week, as measured by a self-monitoring log, within 8 weeks.
- Implement a healthy diet plan and track adherence to the plan using a food journal for at least 4 weeks.
- Establish and maintain a consistent sleep schedule, aiming for at least 7 hours of sleep per night, as measured by a self-monitoring log, within 4 weeks.
- Identify and practice at least two stress-reducing activities, such as a mediation of yoga, at least three times per week for 6 weeks.
- Reduce or eliminate substance use, such as alcohol or tobacco, as measured by a self-monitoring log, by at least 50% within 12 weeks.
- Report feeling healthier, having more energy and a decrease of anxious feelings during therapy sessions.

**Goal: Improve communication and social skills.**

**Interventions:**

- Engage client in role playing to practice effective communication and social skills in a safe and controlled environment.
- Use structured social skills training programs to help the client learn and practice specific skills, such as initiating and maintaining conversations, active listening, or assertiveness.

**Objectives:**

- Practice assertiveness skills by initiating and maintaining at least three conversations per day for 2 weeks.
- Identify and challenge negative thoughts or beliefs related to social situations and replace them with positive affirmations at least three times per day for 4 weeks.

- Use a self-monitoring log to track social anxiety symptoms in various situations and use coping strategies to manage symptoms while gradually increasing exposure to those situations.
- Attend and participate in at least one social event per week and reflect on the experience and progress made in communication and social skills development.
- Improve scores on social skills assessment by at least 20% within 12 weeks.

**Goal: Develop problem-solving and decision-making skills.**

**Interventions:**

- Provide psychoeducation on techniques used for problem-solving and effective decision-making.
- Role-play with client to practice problem-solving skills.
- Encourage client to engage in activities that require problem-solving and decision-making, such as puzzles or games, can help the client to practice and improve these skills in a fun and engaging way.
- Help the client focus on solutions rather than problems and identify and build upon their strengths and resources.

**Objectives:**

- Complete a worksheet on problem-solving techniques and apply these techniques to at least one problem per day for 2 weeks.
- Use a self-monitoring log to track decision-making processes and outcomes and reflect on areas for improvement for 4 weeks.
- Gradually increase the difficulty of problems to solve or decisions to make as measured by a self-monitoring log and use coping strategies to manage anxiety symptoms while doing so.
- Attend a problem-solving or decision-making workshop or seminar and apply the techniques learned to real-life situations for 8 weeks.
- Improve scores on a problem-solving or decision-making assessment by at least 20% within 12 weeks.

**Goal: Increase assertiveness and boundary-setting.**

**Interventions:**

- Help client learn and practice specific skills, such as using "I" statements, setting clear boundaries, and responding to criticism.
- Address negative thoughts and beliefs related to assertiveness and boundary-setting.
- Explore the underlying causes of their difficulties with assertiveness and boundary-setting, such as past experiences of trauma or abuse.

**Objectives:**

- Identify 5 situations that personal boundaries are difficult to implement.
- Identify personal values and beliefs and practice expressing them assertively in at least two different situations in two weeks.
- Use self-monitoring log to track instances where boundaries were not respected, and practice assertive communication in response for 4 weeks.

- Gradually increase the difficulty of situations where assertiveness is needed as measured by a self-monitoring log and use coping strategies to manage anxiety symptoms while doing so.
- Homework – read assigned book or material on boundary-setting, and apply the techniques learned to a real-life situation for 8 weeks.
- Improve scores on an assertiveness assessment by at least 20% within 12 weeks.
- Report feeling more in control of one's own environment and situations after implementing boundaries.

**Goal: Develop a supportive social network.**

**Interventions:**

- Provide client with information and resources on building and maintaining social support networks can increase their awareness and knowledge of effective strategies.
- Discuss the benefits of social support, types of social support, and ways to build and maintain social relationships.
- Help the client learn and practice specific skills, such as initiating and maintaining conversations, active listening, or assertiveness.
- Encourage client to engage in social activities and events that align with their interests and values can increase their opportunities for social interaction and support.

**Objectives:**

- Identify at least two potential sources of social support and contact them to schedule a social activity or meeting within 2 weeks.
- Attend at least one social event per week and reflect on the experience and progress made in building a supportive social network.
- Gradually increase the number of social activities or events attended per week as measured by a self-mentoring log and use coping strategies to manage anxiety symptoms while doing so.
- Attend a support group related to anxiety and participate actively in the group for 8 weeks.
- Increased utilization of social supports and community resources as indicated by access/use of 2 supports per month.
- Increase the number of close relationships and frequency of social interactions as measured by a self-report measure of social support, by at least 25% within 12 weeks.

**Goal: Improve sleep quality and quantity.**

**Interventions:**

- Provide sleep hygiene education.
- Teach relaxation techniques.

**Objectives:**

- Establish a consistent sleep routine, including a regular bedtime and wake time and track adherence to the routine using a sleep diary for 2 weeks.
- Use relaxation techniques, such as deep breathing or progressive muscle relaxation, to prepare for sleep at least 30 minutes before bedtime each night for 4 weeks.
- Avoid caffeine and alcohol intake within 4 hours of bedtime, as measured by a self-monitoring log for 8 weeks.



- Keep a sleep diary and report sleep activity in session.
- Gradually increase the duration of daily physical activity, as measured by a pedometer or fitness tracker, and track the impact on sleep quality and quantity for 12 weeks.
- Improve scores on a sleep quality assessment by at least 20% within 12 weeks.
- Report feeling more rested during therapy sessions.

**Goal: Increase mindfulness and present moment awareness.**

**Interventions:**

- Provide the client with information and resources on the benefits of mindfulness, how it works, and how it can be incorporated into daily life.
- Help client develop a regular meditation practice, providing support and feedback as needed.
- Guide the client through a body scan, encouraging them to focus on physical sensations and observe any thoughts or emotions that arise without judgment.
- Teach client to focus on their breath, using it as an anchor for present moment awareness.

**Objectives:**

- Practice mindfulness meditation for at least 5 minutes per day, and gradually increase the duration to 15 minutes per day over the course of 4 weeks.
- Use a self-monitoring log to track the frequency of mind-wandering or distractibility during mindfulness meditation, and practice refocusing attention on the present moment for 8 weeks.
- Engage in daily mindfulness exercises, such as mindful breathing or body scan, and track the impact on present moment awareness in a journal for 12 weeks.
- Attend a mindfulness-based stress reduction (MBSR) program and participate actively in the program for 8 weeks.
- Utilize the 4-7-8 breathing technique when feeling anxious and report outcome (reduction in anxious feelings) in therapy sessions.
- Improve scores on a mindfulness assessment by at least 20% within 12 weeks.

**Goal: Develop a regular exercise routine.**

**Interventions:**

- Assist client with goal setting.
- Help the client identify enjoyable physical activities and incorporate them into their daily routine.
- Provide the client with information about the physical and mental health benefits of exercise.
- Help the client identify and challenge negative thoughts or beliefs that may be barriers to exercise, such as "I'm too tired" or "I don't have enough time."

**Objectives:**

- Set a specific exercise goal, such as walking 30 minutes per day and track progress using a fitness tracker or journal for 4 weeks.
- Gradually increase the intensity or duration of exercise as measured by a fitness tracker or self-monitoring log, over the course of 8 weeks.
- Use a self-monitoring log to track the impact of exercise on anxiety symptoms and use coping strategies to manage anxiety symptoms during and after exercise for 12 weeks.

- Attend a group fitness class or personal training session at least once per week and track the impact on exercise adherence and anxiety symptoms for 16 weeks.
- Improve scores on an anxiety symptom assessment by at least 20 % within 12 weeks using exercise as a primary intervention.

**Goal: Increase tolerance for situations that feel uncertain.**

**Interventions:**

- Use exposure therapy to help client gradually confront situations that are uncertain or anxiety-provoking.
- Help client identify and challenge negative thoughts and beliefs about uncertainty.
- Provide client with information about the nature of uncertainty and how it affects the brain and behavior.

**Objectives:**

- Identify 5 situations that make one feel uncomfortable and uncertain.
- Use a self-monitoring log to track the frequency and intensity of anxiety symptoms related to uncertainty and use coping strategies to manage anxiety symptoms for 4 weeks.
- Practice exposure therapy, gradually increasing exposure to situations that feel uncertain and tracking progress using a self-monitoring log for 8 weeks.
- Use cognitive-behavioral techniques to challenge negative thoughts related to uncertainty and track the impact on anxiety symptoms using a self-monitoring log for 12 weeks.
- Attend a support group or therapy session focused on managing uncertainty and actively participate in the group for 16 weeks.
- Improve scores on an anxiety symptom assessment related to uncertainty by at least 20% within 12 weeks using a combination of exposure therapy, cognitive-behavioral techniques, and social support.

**Goal: Decrease avoidance behaviors.**

**Interventions:**

- Use a graded exposure approach, gradually exposing the client to situations that they typically avoid.
- Help client to identify activities they enjoy and that give them a sense of accomplishment. Encouraging them to engage in these activities can help the client break the cycle of avoidance and start to build confidence.
- Help client to identify and challenge the negative thoughts that contribute to avoidance behaviors.

**Objectives:**

- List 5 situations that one avoids due to anxiety.
- Use a self-monitoring log to track the frequency and duration of avoidance behaviors, and gradually decrease the duration or intensity of avoidance behaviors over the course of 4 weeks.
- Use exposure therapy to gradually confront avoided situations or activities, and track progress using a self-monitoring log for 8 weeks.
- Practice relaxation techniques or coping strategies to manage anxiety symptoms related to avoided situations and track the impact on avoidance behaviors using a self-monitoring log for 12 weeks.

- Attend a support group or therapy session focused on managing avoidance behaviors, and actively participate in the group for 16 weeks.
- Improve scores on an avoidance behavior assessment by at least 20% within 12 weeks, using a combination of exposure therapy, relaxation techniques, and social support.

**Goal: Increase engagement in pleasurable activities.**

**Interventions:**

- Help the client to identify activities that they enjoy and find meaningful.
- Work with the client to schedule specific times for engaging in pleasurable activities.
- Help client identify sources of social support, such as friends or family members who can engage in pleasurable activities with them.

**Objectives:**

- Identify 5 pleasurable activities that reduce anxiety.
- Through an activity log, report engagement in activities that reduce anxiety symptoms.
- Use a self-monitoring log to track the frequency and duration of pleasurable activities, and gradually increase the frequency or duration of pleasurable activities over the course of 4 weeks.
- Develop a list of pleasurable activities and use a self-monitoring log to track the frequency and enjoyment of engaging in these activities over the course of 8 weeks.
- Use cognitive-behavioral techniques to challenge negative thoughts related to pleasure or engagement in activities and track the impact on engagement in pleasurable activities using a self-monitoring log for 12 weeks.
- Join a group that engages in an activity one finds pleasure in and maintain active involvement for 12 weeks self-reporting on a reduction of anxious feelings after group engagement.
- Report feeling more positive and having less anxiety after engaging in pleasurable activities on a regular basis.

**Goal: Address underlying trauma or unresolved emotional issues (root of anxiety).**

**Interventions:**

- Help client process and make sense of the traumatic experience, develop coping skills, and promote emotional regulation.
- Help client explore unconscious patterns and unresolved conflicts that may be related to the client's trauma.
- Have client engage in EMDR to resolve trauma.

**Objectives:**

- Use a trauma assessment tool to identify any history of trauma or adverse life events and use cognitive-behavioral techniques to address any associated anxiety symptoms over the course of 4 weeks.
- Use a self-report inventory to identify any unresolved emotional issues related to anxiety and use cognitive-behavioral or psychodynamic techniques to address these issues over the course of 8 weeks.
- Attend therapy sessions focused on exploring and processing any underlying trauma or emotional issues related to anxiety, and actively participate in these sessions for 12 weeks.

- Improve scores on a trauma or emotional issues assessment by at least 20% within 12 weeks, using a combination of trauma-focused therapy, cognitive-behavioral techniques, and/or psychodynamic techniques.
- Develop a personalized treatment plan with a therapist that addresses any underlying trauma or emotional issues related to anxiety, and track progress using regular assessments or self-monitoring logs.
- Report a resolution to the key sources of the anxiety and fear.

**Goal: Increase overall sense of well-being and life satisfaction.**

**Interventions:**

- Encourage client to regularly practice gratitude, such as writing down three things they are thankful for each day, can help to increase positive emotions and overall sense of well-being.
- Help client to identify their personal values and align their actions with those values can lead to increased life satisfaction and sense of purpose.
- Work with client to set achievable goals and break them down into manageable steps can help to increase motivation and sense of accomplishment.

**Objectives:**

- Develop a gratitude journal and write down at least three things each day that you are grateful for over the course of 4 weeks.
- Increase the frequency and duration of physical exercise using a self-monitoring log over the course of 8 weeks and track the impact on overall well-being and life satisfaction.
- Attend group therapy sessions focused on developing positive coping skills and building social support, and actively participate in the group for 12 weeks.
- Set and achieve personal goals using a SMART goal-setting approach (Specific, Measurable, Attainable, Relevant, Time-bound) over the course of 16 weeks, and track progress using a self-monitoring log.
- Improve scores on a well-being or life satisfaction assessment by at least 20% within 12 weeks, using a combination of positive psychology techniques, cognitive-behavioral techniques, and social support.
- Report feeling more positive about self and abilities during therapy sessions.

**Goal: Increase coping skills.**

**Intervention:**

- Assist client in developing coping strategies.
- Provide psychoeducational material on the benefits of implementing healthy coping strategies.

**Objectives:**

- Engage in education through therapy sessions to learn about positive coping skills and implementing them into daily life. List 5 new coping skills that can use on an ongoing basis to improve anxiety symptoms and routine stressors.
- Attend cognitive-behavioral therapy sessions focused on anxiety management and implement at least one coping strategy each week over the course of 8 weeks, tracking the effectiveness of each strategy in reducing anxiety symptoms.

- Set and achieve personal goals related to improving coping skills for anxiety, such as practicing mindfulness meditation or engaging in physical exercise regularly, using a SMART goal-setting approach over the course of 12 weeks, and tracking progress using a self-monitoring log.
- Attend group therapy sessions focused on anxiety management and building social support, and actively participate in the group for 12 weeks, sharing coping strategies and receiving feedback from peers and the therapist.
- Participate in exposure therapy for anxiety-provoking situations and use coping skills to manage anxiety symptoms during exposure sessions, gradually increasing the level of difficulty over the course of 16 weeks.