

Sample Treatment Goals and Interventions for Generalized Anxiety Disorder

Treatment goals	Interventions
Reducing physical symptoms of anxiety	Relaxation or breathing exercises
Reducing agitation about thinking and feeling	Mindfulness training, meditation
Reducing time spent worrying (to under 30 minutes/day)	Distraction, worry time, activity scheduling
Reducing negative automatic thoughts	Cognitive restructuring
Enhancing acceptance	Cognitive restructuring, mindfulness training, metacognitive techniques
Eliminating avoidance (specify)	Exposure, behavioral activation
Eliminating assumptions about danger of anxiety	Cognitive restructuring, behavioral experiments
Eliminating assumptions about positive value of worry (or other assumptions-specify)	Cognitive restructuring, metacognitive techniques
Modifying need for certainty	Uncertainty training (costs-benefits of tolerating uncertainty, flooding oneself with uncertainty, practicing the negative emotional image, problem-
Modifying schemas of threat/vulnerability/need for control (or other schemas-specify)	Cognitive restructuring, developmental analysis, other schema work
Eliminating impairment (specify-depending on impairments, this may be several goals)	Cognitive restructuring, problem-solving training, or other skills training (specify)
Acquiring relapse prevention skills	Reviewing and practicing techniques as necessary