

**Sample Treatment Goals and Interventions for Obsessive-Compulsive Disorder**

Treatment goals	Interventions
Reducing physical anxiety symptoms	Imaginal exposure
Reporting obsession-related distress less than 2 on a scale of 0–10	Exposure
Eliminating compulsions (specify)	Response prevention
Stating belief that anxiety is not dangerous and can be tolerated	Cognitive restructuring, exposure
Stating understanding that seeking perfect certainty exacerbates symptoms	Cognitive restructuring
Modifying schemas of danger and responsibility (or other schemas—specify)	Cognitiving restructuring, developmental analysis
Engaging in previously avoided behaviors (specify)	<i>In vivo</i> exposure
Reducing functional impairment (specify— depending on impairments, this may be several goals)	Cognitive restructuring, problem-solving training, or other skills training (specify)
Reducing anxiety symptoms (MOCI and/or OCQ scores in normal range)	All of the above
Acquiring relapse prevention skills	Reviewing and practicing techniques as necessary