

**Sample Treatment Goals and Interventions for Social Anxiety Disorder**

Treatment goals	Interventions
Reduce physical anxiety symptoms	Relaxation training, exposure
Reduce fear of scrutiny/evaluation	Cognitive restructuring, exposure
Eliminate safety behaviors	Self-monitoring, exposure
Acquire social skills	Social skills training (modeling, role play, in vivo practice)
Reduce anxiety in specific social situations to 2 or less on a scale of 0-10	Cognitive restructuring, exposure
Eliminate avoidance of social situations (specify)	Exposure
Modify assumption of need for approval (or other assumptions-specify)	Cognitive restructuring
Modify schema of inadequacy (or other schemas-specify)	Cognitive restructuring, developmental analysis
Eliminate impairment (specify-dependence on impairments, this may be several goals)	Cognitive restructuring, problem-solving training, or other skills training (specify)
Eliminate all anxiety symptoms (BAI and/or SAQ in normal range)	All of the above
Acquire relapse prevention skills	Reviewing and practicing techniques as necessary