

**Sample Treatment Goals and Interventions for Specific Phobia**

Treatment goals	Interventions
Reducing physical symptoms of anxiety	Exposure
Stating reduced fear of phobic object/situation phobic object	Cognitive restructuring
Reporting anxiety <1/10 when encountering phobic object/situation	Exposure
Modifying schemas of danger and vulnerability (or other schemas—specify)	Cognitive restructuring, cost–benefit analysis
Eliminating all avoidance, escape, and safety behaviors	Exposure
Eliminating impairment (specify—depending on impairments, this may be several goals)	Cognitive restructuring, problem-solving training, or other skills training (specify)
Eliminating all anxiety symptoms (test scores in normal range)	All of the above
Acquiring relapse prevention skills	Reviewing and practicing techniques as necessary