

CBT Anxiety Technique-Selection Sheet

Match the maintaining cycle to one primary technique. Fill after or during session. Not a script to read aloud.

Client / ID: _____ Date: _____

Session focus in client words:

1. Presentation this week

- ☐ GAD / chronic worry
- ☐ Social / performance anxiety
- ☐ Health anxiety / checking

- ☐ Panic / body-sensation fear
- ☐ Specific phobia or avoidance
- ☐ Mixed (name primary below)

If mixed, primary presentation:

2. Maintaining cycle (one line each)

Cue / trigger:

Prediction or meaning:

Safety behavior or avoidance:

Short-term payoff:

Long-term cost:

3. Primary technique chosen

- ☐ Worry postponement / uncertainty experiment
- ☐ Behavioral experiment
- ☐ Interoceptive exposure

- ☐ Cognitive restructuring (prediction testing)
- ☐ Graded exposure
- ☐ Safety-behavior reduction

Other technique (name):

Why this technique matches the cycle (one sentence):

4. Stop rule / contraindication check

- ☐ Flooded / dissociated
- ☐ Medical evaluation needed

- ☐ Active risk / safety planning first
- ☐ Trauma stabilization needed first

If any checked, alternative next step:

5. Experiment or homework (specific and reviewable)

Exact action:

Safety behavior to reduce or drop:

What would count as useful data:

6. Next-session review

First question next visit:

Measure (optional): GAD-7 / OASIS / panic log / other:

Before you close the note

- Did the technique match the maintaining cycle named above?
- What safety behavior did the client agree to reduce?
- What exact result will you review first next session?