

CBT Anxiety Treatment Plan Card

One-page course card for the maintaining cycle, SMART objectives, session pacing, measures, homework, and review triggers. Educational only; the licensed clinician owns diagnosis, risk, plan, and sign-off.

Client / ID:

Date:

Clinician / credential:

Plan number (initial / review #):

1. Primary presentation

☐ GAD / worry

☐ Panic / body fear

☐ Social / performance

☐ Specific phobia

☐ Health anxiety / checking

☐ Mixed (name):

2. Maintaining cycle

Cue / trigger:

Prediction / meaning:

Safety behavior or avoidance:

Short-term payoff:

Long-term cost:

3. Long-term goal (client language)

4. SMART objectives (2 to 4)

1.

2.

3.

4.

5. Session pacing bands

Sessions 1 to 2:

Sessions 3 to 6:

Sessions 7 to 10:

Sessions 11+:

6. Measures and review

Primary measure (GAD-7 / panic log / LSAS / SPIN / SUDS / other):

Baseline:

Target:

Re-score cadence:

Formal plan review date:

7. Homework, stop rules, and risk

What "done" looks like this week:

Safety behavior to reduce or drop:

Active risk plan on file? Y / N

Medical clearance needed for exposure? Y / N

Pause / redesign if:

8. Review notes and next-session focus

Clinician signature:

Client signature (if used):