

**SESSION**

**1**

**ANXIETY SYMPTOMS INTERVENTION**

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**SESSION HANDOUTS**

**1.1 Goal Worksheet**

## HANDOUT 1.1

<b>Goal Worksheet      By the end of this intervention:</b>				
<b>I want to feel LESS:</b> <i>(please circle all that apply)</i>				
Nervous	Scared	Angry	Upset	Sad
<b>I want to feel MORE:</b> <i>(please circle all that apply)</i>				
Happy	Calm	Excited	Relaxed	
<b>I want to change the way I do things and think about things:</b> <i>(Check ✓ all that apply)</i>				
<input type="checkbox"/>	Calm myself down when I feel upset.			
<input type="checkbox"/>	Think about things that happened without feeling upset.			
<input type="checkbox"/>	Talk about things that happened without feeling upset.			
<input type="checkbox"/>	Stop avoiding things that made me nervous.			
<input type="checkbox"/>	Do more of the things that I used to do.			
<input type="checkbox"/>	Think more about things before I do them.			
<input type="checkbox"/>	Make better decisions.			
<input type="checkbox"/>	Have fewer problems with my family.			
<input type="checkbox"/>	Have fewer problems with my friends.			
<b>I also want to change:</b>				
<b>Parents' Section</b>				
<b>What would you like to see changed in your child by the end of the intervention?</b>				

## Goal Worksheet

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