

Choosing One Manageable Approach

Anxiety and worry | Clinicians | 50 minutes

Guide a collaborative session that turns one anxiety concern into a manageable plan.

Outcome: the client leaves with one chosen response to a specific worry and a workable plan for reviewing it. Use only an ordinary, safe target. Offer discussion, writing, drawing, or a pause throughout the session.

Minutes 0 to 15

0 to 5: check current distress, functioning, and immediate safety needs. 5 to 10: ask what would make today useful and obtain permission to work with one concern. 10 to 15: use ANX01 to separate an actionable problem from an uncertain prediction.

Minutes 15 to 40

15 to 25: choose ANX02 to examine a prediction or ANX06 to carry uncertainty; the client may decline either. 25 to 35: use ANX03 to plan one small, safe approach step, or complete a practical problem solving action. 35 to 40: rehearse the step and identify barriers and support.

Minutes 40 to 50

40 to 45: ask what felt useful or uncomfortable and adjust the plan. 45 to 50: agree on when to try the step, what to observe, and how to review it. Invite a brief closing check in and confirm the client feels ready to leave. If distress rises, shift to present orientation or support planning.

Chosen step, timing, support, and what we will review

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