

Mood Management – Anxiety

**Cognitive Behavioural Therapy for
Anxiety Disorders**

**Paula Nathan
Clare Rees
Louella Lim
Laura Smith**

Table of Contents

Preface	Page 1-2
Overview of therapy	
Assessment & Introduction to Therapy	Module Highlights Therapist Notes (pages 1-2) Worksheets Goal Setting Worksheet Change Process Balance Sheet Participants' Expectations Questionnaire
Module 1: Understanding Anxiety	Module 1 Highlights Therapist Notes (pages 1-3) Handouts HO1 What is Anxiety? (pages 1-6) HO2 How Anxiety is Maintained (pages 1-4) HO3 Calming Technique – Breathing & Relaxation (pages 1-4) Worksheets Anxiety Symptoms Worksheet
Module 2: The ABC Connection	Module 2 Highlights Therapist Notes (pages 1-2) Handouts HO4 The Thinking-Feeling Connection (pages 1-3) HO5 Automatic Thoughts (pages 1-2) HO6 Unhelpful Thinking Styles (pages 1-2) Worksheets Cognitive Exercise Scenario Worksheets
Module 3: Disputation & Balanced Thinking	Module 3 Highlights Therapist Notes (pages 1-2) Handouts HO7 Disputation & Evidence Testing (pages 1-3) HO8 Balanced Thinking (pages 1-4)
Module 4: Interoceptive & Situational Exposure	Module 4 Highlights Therapist Notes (pages 1-2) Handouts HO9 Physiological Sensations as Triggers (pages 1-2) HO10 Facing your Fears (pages 1-2) Worksheets Sensations & Situations I Avoid
Module 5: Self-Schemas	Module 5 Highlights Therapist Notes (pages 1-2) Handouts HO11 Self Schemas (pages 1-2) Worksheets Detective Work for Self Schemas Healthy Self Schema Worksheet

Table of Contents (cont)

Module 6: Progress Review & Termination of Therapy	Module 5 Highlights Therapist Notes (page 1) Handouts HO12 Maintaining Your Gains and Staying Well (pages 1-2) Worksheets Healthy Me Worksheet
Appendix A	Assessment Materials
Appendix B	Frequently Used Worksheets Summary of Session Thought Diary 1 Thought Diary 2 Weekly Goals Worksheet