

SMART Goals Treatment Planning Guide

200 SMART Goals

13 pages

Anxiety, Depression, Mood Disorders & much more

Treatment planning process made simple



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Anxiety Disorders

1. Client will identify at least three individual triggers of anxiety and discuss these in therapy sessions over the next month.
2. Client will practice cognitive restructuring techniques on anxious thoughts at least four times a week for the next two months.
3. Client will learn and implement relaxation techniques such as deep breathing, progressive muscle relaxation, or mindfulness exercises at least three times a week for the next three months.
4. Client will develop and maintain a consistent sleep routine aiming for seven to eight hours of quality sleep per night for the next four months.
5. Client will gradually expose themselves to anxiety-provoking situations, starting with mildly distressing situations and gradually progressing to more challenging ones, at least once a week for the next six months.
6. Client will establish and maintain a support system by actively participating in a support group or seeking out individuals who have successfully managed their anxiety disorder, attending meetings or sessions at least twice a month for the next year.
7. Client will regularly engage in physical exercise or activities that promote relaxation and stress reduction, such as yoga, swimming, or hiking, for a minimum of three times per week for the next six months.
8. Client will work with the therapist to develop a personalized anxiety management plan, including coping strategies and tools, to implement in daily life, and review and update it every three months for the next year.
9. Client will practice self-care activities and engage in enjoyable hobbies or interests outside of therapy sessions, aiming for at least two hours per week for the next three months.
10. Client will monitor and track their progress and symptoms using a journal or a digital tool, reporting any significant changes or patterns during therapy sessions, for the next year.
11. Client will engage in regular self-reflection and journaling to explore underlying thoughts, emotions, and patterns related to their anxiety, aiming for at least three times a week for the next six months.
12. Client will actively challenge and replace irrational or negative thoughts with more realistic and positive ones through thought stopping or reframing techniques, practicing at least four times a week for the next three months.
13. Client will identify and establish healthy boundaries in relationships, learning to assertively communicate their needs and limits, and practice implementing these boundaries at least once a week for the next six months.
14. Client will develop a crisis management plan in collaboration with the therapist, including coping strategies and emergency contacts, to manage acute anxiety episodes, and review and update it every three months for the next year.
15. Client will explore and address any underlying emotional or psychological trauma contributing to their anxiety through trauma-focused therapy or specific trauma interventions, attending relevant therapy sessions or seeking professional care as needed for the next year.

Smart Treatment Goals

Edenilson Brandl



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