For each clinical condition, start with bolded components (these have the best evidence), then consider the most disruptive symptoms and most pressing concerns.

**Psychoeducation**
- About anxiety
- The CBT Triangle
- How Tx works

**Thoughts**
- Cog. Coping
- Socratic dialogue
  - Accuracy
  - Helpfulness
  - BF Role Play

**Feelings**
- Emotion Reg.
  - Feelings Rating
  - Relaxation
  - Secret Calming
  - Distraction
  - Mindfulness

**Behaviors**
- Exposure
  - Imaginal
  - In-Vivo
  - Response prevention (OCD)

**Exposure**
- Imaginal (TN)
- In-Vivo
- TN Share
- Safety Planning

**FBA Parenting Skills**
- Positive time
- Praise
- Selective attention
- Instructions
- Rewards Plan
- Consequences

**Behavior Problems**
- FBA Principles
- Positive Parenting
- How Tx works
- Behavioral Expectations

**Anxiety**
- About anxiety
- The CBT Triangle
- How Tx works