

Case Study: Jordan

Client Information:

Name: Jordan

Age: 18

Gender: Non-binary

Presenting Concern: Persistent anxiety, excessive worry about relationships and body image

Background:

Jordan is an 18-year-old high school senior preparing for the transition to college. They live with their family and report having a close but sometimes strained relationship with both parents. Jordan has a small group of friends but frequently worries about the stability and quality of these friendships. Social media plays a significant role in their daily life.

Presenting Symptoms:

Jordan completed the GAD-7 and scored in the moderate range. Symptoms include frequent worry, difficulty relaxing, restlessness, trouble concentrating, irritability, and mild sleep disturbance.

Primary Areas of Concern:

Relationships: Excessive worry about being rejected or misunderstood.

Body Image: Frequent comparison to peers and dissatisfaction with appearance.

Functional Impact:

Anxiety interferes with academics, concentration, and social engagement. Jordan sometimes withdraws and procrastinates.

Coping Strategies:

Reassurance-seeking, avoidance, and heavy social media use, which worsens anxiety.

Clinical Impression:

Moderate generalized anxiety with focus on relationships and body image.

Exposure and Worry Management Strategies

Goal: Increase tolerance of uncertainty.

Intervention: Use 'uncertainty exposure' exercises (e.g., delaying reassurance, sitting with doubt).

Goal: Reduce frequency and intensity of excessive worry.

Intervention: Cognitive restructuring to identify and challenge catastrophic thinking.

Goal: Improve worry management skills.

Intervention: Teach worry scheduling and differentiation between solvable vs. hypothetical worries.