Behavioral Therapy teaches people how their actions in the face of anxiety and fear fuel their condition. Anxiety disorders function using both of these principles. For instance, a person who experienced a panic attack might associate the particular place they had it with frightening events that occurred there at the time. This can be done through an intervention called flooding, where the client is repeatedly exposed to a feared or avoided situation or stimulus. By being routinely exposed to a feared or avoided situation or stimulus, people learn that in the absence of a negative consequence, the behavior that originally elicited the phobic response can be repeated without eliciting panic or anxiety. This is the state of believing that no behavior you perform can help you. A person with panic (classical conditioning).

Behavioral therapy helps millions of people cope with and recover from anxiety and fear. To facilitate new learning and the extinction of old fear/anxiety responses, behavioral therapists work with clients to create exposure programs. In a safe and supportive setting, a client with panic disorder who is afraid of a certain place might be asked to repeatedly enter the location in complete safety, only to feel nothing but normalcy. If the exposure is repeated over time and is paired with nothing but normalcy, the client will learn that their initial belief that nothing we can do can help us is incorrect. Eventually, the client will learn to rely on the notion that nothing we can do can help us. A person with panic disorder who is afraid of a certain place might be asked to repeatedly enter the location in complete safety, only to feel nothing but normalcy. If the exposure is repeated over time and is paired with nothing but normalcy, the client will learn that their initial belief that nothing we can do can help us is incorrect. Eventually, the client will learn to rely on the notion that nothing we can do can help us. A person with panic disorder who is afraid of a certain place might be asked to repeatedly enter the location in complete safety, only to feel nothing but normalcy. If the exposure is repeated over time and is paired with nothing but normalcy, the client will learn that their initial belief that nothing we can do can help us is incorrect. Eventually, the client will learn to rely on the notion that nothing we can do can help us.

At the heart of all anxiety is the learned association of perceived threat with the need to avoid or escape. The cornerstone of behavioral therapy is the belief that anxiety and avoidance behaviors are learned through a variety of processes, including classical conditioning, operant conditioning, and response-stimulus associations. To help clients overcome anxiety, therapists use a variety of strategies, including exposure therapy, systematic desensitization, and relaxation training. Exposure therapy involves systematically exposing clients to feared stimuli or situations, while systematic desensitization involves helping clients relax and then gradually exposing them to feared stimuli or situations. Relaxation training involves teaching clients techniques to control their physical responses to anxiety, such as deep breathing and progressive muscle relaxation.