

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Bern Inventory of Treatment Goals (US - 1.0)

## Goals Checklist

Setting goals is an important part of psychotherapy. That’s why I'd like to learn about your personal goals for therapy.

To help you formulate your therapy goals, I'm providing the list below. The list is divided into five sections. In the left column, I've listed broad content areas. In the right column, I've listed specific therapy goals.

- Carefully read through the list and mark each goal you’d like to pursue in therapy.
- If you have a specific personal goal that you can’t find in the list, please describe it in your own words on the lines provided.
- At the end of the list, please describe how each goal fits in with your specific life situation, and indicate the importance of each goal.

Thank you for providing this important information.

### Coping with Specific Problems and Symptoms

#### With the help of therapy, I'd like to ...

Depressive experiences	<input type="checkbox"/> 1	... learn how to cope with my negative thoughts, ruminations, or sense of guilt.
	<input type="checkbox"/> 2	... find a way out of my negative mood, sadness, or sense of inner emptiness.
	<input type="checkbox"/> 3	... learn how to cope with my moodiness or mood fluctuations.
	<input type="checkbox"/> 4	... gain more drive and energy
Self-injury	<input type="checkbox"/> 5	... learn how to stop physically hurting or injuring myself.
	<input type="checkbox"/> 6	... overcome my suicidal thoughts or regain the desire to live.
Fears or anxiety	<input type="checkbox"/> 7	... learn how to overcome a specific fear or how to cope with it.
	<input type="checkbox"/> 8	... learn how to master anxiety or panic attacks.
	<input type="checkbox"/> 9	... learn how to be among people without acting insecurely (e.g., blushing, stuttering).
	<input type="checkbox"/> 10	... learn how to do things again that I've been avoiding because of my fear.
Obsessive thoughts and compulsive behaviors	<input type="checkbox"/> 11	... learn how to control recurring thoughts or impulses that have been tormenting me.
	<input type="checkbox"/> 12	... learn how to limit repetitive, time-consuming, or senseless behaviors

	(excessive hand-washing, excessive cleaning, checking, counting, etc.).	
Unusually demanding events	<input type="checkbox"/>	13 ... come to terms with an event or several events that have been unusually demanding or upsetting.
Addictive behaviors	<input type="checkbox"/>	14 ... discontinue a drug I've been physically addicted to.
	<input type="checkbox"/>	15 ... learn how to live without addictive substances (alcohol, drugs, etc.).
	<input type="checkbox"/>	16 ... learn how to control my use of drugs or alcohol.
	<input type="checkbox"/>	17 ... learn how to cope with difficult situations without using drugs or alcohol.
Eating behaviors	<input type="checkbox"/>	18 ... learn how to cope with my eating problems (anorexia, binge-eating, binging and purging, etc.).
	<input type="checkbox"/>	19 ... learn how handle my weight problems (reducing my weight or learning to accept it).
Sleep	<input type="checkbox"/>	20 ... overcome my sleep problems (difficulties falling asleep, waking up in the middle of the night, waking up too early in the morning, etc.).
Sexuality	<input type="checkbox"/>	21 ... get help with sexual problems.
Physical pain and illness	<input type="checkbox"/>	22 ... learn how to reduce or cope with my physical pain.
	<input type="checkbox"/>	23 ... learn how to cope with my physical illness.
Difficulties in specific life domains	<input type="checkbox"/>	24 ... deal with problems related to housing (e.g., cope with a specific housing problem or set a goal related to housing).
	<input type="checkbox"/>	25 ... cope with specific problems related to work, school, or training.
	<input type="checkbox"/>	26 ... learn how be more organized in daily life.
Stress	<input type="checkbox"/>	27 ... learn how to handle stressful situations better.

... please continue on the next page.

## Interpersonal Goals

### With the help of therapy, I'd like to ...

Current relationship	<input type="checkbox"/> 28 ... improve my relationship with my partner, spouse, or significant other. <input type="checkbox"/> 29 .... improve my sex-life with my partner, spouse, or significant other. <input type="checkbox"/> 30 ... clarify or come to terms with expectations or feelings related to my partner, spouse, or significant other.
Parenthood and current family	<input type="checkbox"/> 31 ... learn how to be a better or more confident parent. <input type="checkbox"/> 32 .... change the way I act around my children. <input type="checkbox"/> 33 .... change my current family situation in some way.
Family or origin	<input type="checkbox"/> 34 ... change my relationship with my parents (learn how to separate from them, deal with guilt feelings, feel less dependent on them, etc.).
Other relationships	<input type="checkbox"/> 35 ... improve or clarify my relationship with people I know (other than partner/significant other/spouse) <input type="checkbox"/> 36 .... come to terms with a separation from an ex-partner, spouse, or significant other.
Loneliness and grief	<input type="checkbox"/> 37 ... learn how to handle being alone. <input type="checkbox"/> 38 .... come to terms with the loss of someone I loved.
Assertiveness and boundary issues	<input type="checkbox"/> 39 ... learn how to be more assertive with others and set appropriate boundaries. <input type="checkbox"/> 40 .... learn how to handle other people's reactions to my behavior (criticism, rejection, praise, etc.).
Connection and Intimacy	<input type="checkbox"/> 41 ... learn how to connect with other people (and how to maintain relationships). <input type="checkbox"/> 42 .... learn how to become more intimate with others and trust others. <input type="checkbox"/> 43 .... prepare for a new relationship.

... please continue on the next page.

## Improving Well-Being

### With the help of therapy, I'd like to ...

Exercise and Activity	<input type="checkbox"/> 44	... get more active in sports and other physical activities.
	<input type="checkbox"/> 45	... learn how to structure my spare-time more meaningfully (hobbies, cultural activities, etc..)
Relaxation and peace-of-mind	<input type="checkbox"/> 46	... learn how to relax and take it easy.
	<input type="checkbox"/> 47	... become calmer and more laid-back.
Well-Being	<input type="checkbox"/> 48	... learn how to enjoy life and have fun.
	<input type="checkbox"/> 49	... learn how to feel more comfortable with my body.

## Orientation in Life

### With the help of therapy, I'd like to ...

Past, present, and future	<input type="checkbox"/> 50	... come to terms with things that happened in the past.
	<input type="checkbox"/> 51	... understand more clearly who I am, what I'm capable of, and what I want out of life.
	<input type="checkbox"/> 52	... discuss plans or ideas regarding my future (personal, educational, or occupational).
Meaning of Life	<input type="checkbox"/> 53	... clarify questions regarding the meaning of my life or my activities.

... please continue on the next page.

## Self-related Goals

### With the help of therapy, I'd like to ...

Attitude towards myself	<input type="checkbox"/> 54 ... gain self-confidence or become more self-assured.
	<input type="checkbox"/> 55 ... learn to accept myself the way I am.
Desires and Wishes	<input type="checkbox"/> 56 ... clarify my needs and desires and learn how to express them more effectively.
	<input type="checkbox"/> 57 ... figure out what my limits are and how to act accordingly.
	<input type="checkbox"/> 58 ... learn how to pursue my goals and plans more effectively.
Performance, Control, and Responsibility	<input type="checkbox"/> 59 ... learn how to make decisions more independently.
	<input type="checkbox"/> 60 ... learn how to finish projects I've started.
	<input type="checkbox"/> 61 ... learn how to adjust overly high expectations I have in myself or others.
	<input type="checkbox"/> 62 ... learn how to delegate responsibility and control.
Dealing with Feelings	<input type="checkbox"/> 63 ... allow myself to experience feelings and express them more effectively.
	<input type="checkbox"/> 64 ... learn how to deal with strong negative feelings (e.g., anger, rage).

Can you think of other goals for therapy that didn't fit with any of the categories?

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... please continue on the next page.

After you've completed the checklist, please write your goals on this page. If you've marked more than five goals, please indicate here your **five most important goals** (it's also okay to have fewer than five goals).

- Start by putting the numbers of your most important goals into the boxes below (one number per box).
- Then, describe in your own words how each goal fits into your personal life situation. Try to be as **concrete and specific** as possible.


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Goal Number:

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Goal Number:

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Goal Number:

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Goal Number:

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Goal Number:

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