

TREATMENT PLANNING WORKSHEET

It can be hard to think of things to work on in therapy. Some people are aware of so much ‘stuff’ in their life they have difficulty deciding which things to work on. Others struggle to find any ideas. This list is to help you identify general areas (like ‘interpersonal skills’) and specific problems (e.g. ‘finding more useful ways to ‘argue’). What we work on is not limited to this list, of course. So if there is something specific you want to work on/focus on and it is not listed, *please write it down on the worksheet*. Otherwise, **just think about what you want to work on first, what’s most important to you and what would be helpful to dive into right away, and then circle those items, which we can use to identify goals for therapy.**

I feel inadequate	Anxiety	I am a bit shy around people
Anger	Moods – especially feeling 'down'	I need a new type of job
My mental health “stuff”	Communication	Sadness
How do I find a job?	DWI arrest/conviction(s)	I have a lot of stress
I am too busy	How do I grieve (& not ‘lose it’)?	A chronic medical problem
How do I not let people bother me so much?		How do I get people to chance?
I do not need to be here!	How do I deal with my defenses?	What are defenses?
Assertiveness training	Ways to cope better	How do I relax/unwind?
My spiritual life is ‘shot’	Having (sober) fun	I have few (or no) hobbies
I have little hope	I tend to be impatient	Life has no meaning
People misunderstand me	Relapse prevention plan	How do I not use again?
I want a good career	With my record how do I get work?	Being a parent is tough!
Who am I now?	Money management	Who do I want to be?
I have no/few real friends	I have important medical problems	Handling 'big' feelings
Fear(s)	Sleep problems	I obsess about _____
My life is a mess!	Legal problems	A traumatic thing happened
Sexual ‘stuff’	It is too hard to stop using D/A	I have good reasons to use D/A
Been clean, lost it	I <u>really</u> miss _____	I am not worth much
I need a place to live	I want to get in shape (physically)	'Codependent' thinking
What have these drugs/alcohol done to my <u>body</u> ?		What have alcohol/drugs done to my <u>brain</u> ?