

## 3-MONTH GOALS

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

Date: \_\_\_\_\_  
(3 months from today)

**Behaviors I wish to increase:**

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**Behaviors I wish to decrease:**

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**Feelings I wish to increase:**

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**Feelings I wish to decrease:**

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**Sensations I wish to increase:**

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**Sensations I wish to decrease:**

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**Thoughts I wish to increase:**

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**Thoughts I wish to decrease:**

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## **3-MONTH GOALS**

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
(3 months from today)

### **Behaviors I wish to increase:**

1. Staying home three 4-hour blocks of time a week and nurturing myself.
2. Developing at least one new (nonsexual) passionate interest (sign up for a course).
3. Cultivating one or more quality female friendships (possibly join a women's group).
4. Satisfaction and enjoyment of my past and current accomplishments and interests.

### **Behaviors I wish to decrease:**

1. Food binging when lonely or compulsively going out to avoid being alone.
2. Pursuing men who don't want to be close to me.
3. Yelling and throwing things when angry.
4. Self-abuse (cutting myself; getting insufficient sleep).

### **Feelings I wish to increase:**

1. Self-acceptance.
2. Calm
3. Satisfaction in my past and current accomplishments.

### **Feelings I wish to decrease:**

1. Anxiety when alone or when a partner isn't "connecting."
2. Rage when others treat me badly or disappoint me.
3. Self-downing when people treat me badly or disappoint me.

### **Sensations I wish to increase:**

1. Pleasure in my own body (independent of a man's touching it).
2. My old pleasure in music, art, nature.

### **Sensations I wish to decrease:**

1. Painful neck tension when anxious.
2. Feeling of pain and emptiness in my chest when alone.

### **Thoughts I wish to increase:**

1. I am a worthwhile human being, capable of happiness in many other respects even if I never find a sex-love partner.
2. Loving friendships with women, children and others are not paltry substitutes.
3. Just because my body and personality are imperfect doesn't mean I'm worthless.

### **Thoughts I wish to decrease:**

1. If I don't have a mate, I'm "abnormal," no good.
2. I can't stand being alone — it's awful and intolerable.
3. I must get my nonresponsive partner to connect with me — I can't bear it if he doesn't and must do everything in my power to make him change.