

## Treatment Planning Ideas

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 bits to work on. Others struggle to find any ideas. This list is to help you identify general areas (like ‘interpersonal skills’) and specific problem (‘finding more useful ways to ‘argue’). What we work on is not limited to this list, of course.

**Simply circle or put an ‘x’ next to items you might want to work on and we’ll talk about them.**

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