

Setting Personal Goals for Therapy

Setting a personal goal will help you find a balance between treatment and leisure time, and connect with your personal definition of recovery.

1. How would you like your life to be different?
2. What does that look like?
3. What are the blocks to reaching that goal?
4. What does recovery mean to you?
5. What small steps can you take towards reaching your goal?

6. How can I help you reach your goals? Are there things you want to share with me but haven't?

7. What is one thing you plan to do towards your goals this week?

8. What coping strategies will you use this week?

9. Are there things coming up for you that you would like to talk about?

Remember recovery is an individual process and people need to define it in a way that is meaningful to them. For many people recovery in mental health may mean having a satisfying life while managing symptoms.