

Treatment Planning Collaborative Worksheet

WHAT: Seeking Options for Lifestyle Enhancement that utilize your strengths. Let us explore a variety of options that obviate the potential for lifestyle practices that fit with acceptance of self and allow you to begin the process of healing from emotional pain while picking goals to work on.

HOW: What is an Inventory of your natural talents & skills that you can use toward a main goal that you would like to accomplish?

Specific Steps:

Define a reachable & purposeful goal that you might find meaningful to work on
Define the initial step that is identifiable as a beginning effort toward getting you action plan going.

Apply language that embodies Measurable action i.e. Do more of this or less of that.

Notwithstanding any obstacles, when in the past and what in your life experience to date exemplifies when you met and overcame a personal challenge?

What mathematically verifiable sample size would allow good enough certainty that you have chosen and are on your way toward next steps in the processing/achieving of you meaningful goal?

If a component of your goal is internal, for example probe all options and find ways to accept my body as it is, while working on nourishment, exercise and self compassion even if the appearance of and functionality of that part of my body is impaired or flawed in some way, what is a step along the way that could be considered a beginning, that registers itself a significant enough that I will know that I have begun acceptance work?

In any of the above-mentioned, what are specific and repeatable steps that can be practiced that represent the intention to gradually work on the main goal you have chosen.

Leaving room for errors, recognition of what we have learned in having made the mistakes and how they inform the effort going forward?

In collaborative fashion, what steps would you add to the inception of this plan? Is there a specific need you find that has not been mentioned thus far? What language would work best in introducing that need into the planning?

These are some initial guidelines. If something is missing, please give feedback toward the process, so that all of your concerns can be addressed.