

# \*\*\*\*\* THERAPY GOALS \*\*\*\*\*

Your Name(s): \_\_\_\_\_ First Visit Date: \_\_\_\_\_

>> If there are more than one person coming to counseling, please each fill out their own form.

Whose idea was it to come to therapy today? \_\_\_\_\_ When 1<sup>st</sup> thought to come? \_\_\_\_\_

Describe in detail the problem(s) that led you to consider entering into therapy?

If you could wave a “magic wand” and make everything better, what would that look like? What would change?

What are 3 broad goals you would like to work on in therapy? *Example; Improve my communication skills. Better Sleep. Less Anxiety.*

- (1) \_\_\_\_\_
- (2) \_\_\_\_\_
- (3) \_\_\_\_\_

For each of the goals listed, describe specifically how your life will be different once you have completed therapy.

*Example; “My spouse and I would have better communication about our problems, speak in a considerate and kind way, without screaming, fighting, & acting badly towards each other. We would choose to be kind to one another even when we disagree.”*

**Please check mark or circle your goal for therapy:** ( ) To become happier. ( ) To maintain peace & calm. ( ) To find out who I truly am. ( ) To let go of past. ( ) To feel content & at ease. ( ) To heal emotional pain & trauma. ( ) To better my life. ( ) To stop living in fear & anxiety. ( ) To gain confidence & self-worth. ( ) To create a life that is meaningful and purposeful. ( ) To feel more love & connection with others. ( ) To learn to forgive myself/others. ( ) To get unstuck and move forward in life. ( ) To obtain a better relationships(s) ( ) To have someone listen to me so that I can vent and feel heard & understood. ( ) I don’t really want advice or improve myself, I just want to talk about my issues so I feel heard. ( ) I’m good. Fix my partner. ( ) OTHER GOAL:

Any other comment or information that you would like to convey to your therapist? Are there are subjects that are off limits?