

TREATMENT GOALS

1. Reducing a fear.
2. Having more pleasurable activities.
3. Improving communication with my:
(circle)
*spouse / children / friends /
coworkers / others*
4. Expressing myself more assertively.
5. Learning how to relax.
6. Better managing my health.
7. Better tolerating my mistakes.
8. Better tolerating others' mistakes.
9. Feeling less guilt.
10. Feeling less depressed.
11. Better accepting a loss/death.
12. Increasing my conversational skills.
13. Learning how I come across to
others.
14. Not taking disappointments so hard.
15. Doubting myself less.
16. Thinking more positively.
17. Improving my sexual relationship.
18. Controlling my eating or weight.
19. Controlling my alcohol use.
20. Changing a habit.
21. Controlling my drug use.
22. Better managing my pain.
23. Learning how to improve
friendships.
24. Reducing uncomfortable thoughts.
25. Learning more effective parenting
skills.
26. Improving my sleep.
27. Reducing my sensitivity to possible
criticism.
28. Talking out a pending decision.
29. Problem-solving / decision making
techniques.
30. Reducing panic attacks.
31. Increasing self esteem.
32. Reducing family difficulties.
33. Reducing job difficulties.
34. Better managing my temper.
35. Taking initiative more often.
36. Receiving medication help.
37. Decreasing procrastination.
38. Better managing time.
39. Decreasing trying to be perfect.
40. Not reacting so emotionally.
41. Allowing myself to express feelings
more.
42. Feeling more self-confident.
43. Discussing my thoughts of harming
myself.
44. Discussing my thoughts of harming
others.
45. Adjusting better to a past recent
change/incident.
46. Adjusting better to a past incident.
47. Becoming more optimistic.
48. Improving my self-awareness.
49. Adopting a more healthy attitude.
50. Worrying less.
51. Other (specify):

Now please review your list and decide which 3 goals you wish to discuss/change at this time.

MY 3 most important goals are (write in the goal numbers):

First ____ Second ____ Third ____