Therapy Goals

At the beginning of therapy, it's important to think about your treatment goals. Save this worksheet so you can frequently refer to it as you progress. Reviewing your goals will help you measure progress and stay on track throughout treatment.

Describe the problem(s) that led to you entering therapy.

Imagine that while you're sleeping, all your problems are solved. When you wake up, how will you know that things are better? What specific changes do you notice?

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Therapy Goals

What are three broad goals you would like to work on during therapy?
Example: *"Improve my relationship with my partner."*
1.
2.
3.

For each of the goals listed above, describe *specifically* how your life will be different once you've completed therapy.
Example: *"My partner and I would communicate about our problems. When we get angry at one another, we would know how to get through it without big fights."*
1.
2.
3.

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