My goals for therapy

What you want to be different, and how close you are to it now.

Name _____ Date _____

What has brought me to therapy now?

If therapy goes well, what will be different? What will I be doing that I am not doing now?

A useful goal

is specific, is about what you will do (not only how you will feel), and is within your own influence. "Go for coffee with a friend once a week" is easier to work towards than "be more confident".

Goal 1

How close am I to this today?

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Nowhere near ... There

Goal 2

How close am I to this today?

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Nowhere near ... There

Goal 3

How close am I to this today?

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Nowhere near ... There

What might get in the way, and what would help?

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This handout supports your therapy. It does not replace professional advice.