

Therapy Goal Setting Worksheet

Name: _____

Date: _____

What are your goals for treatment?

How would you like to be different as a result of treatment?

How would you like your life to be different as a result of treatment?

Think about the following areas of your life and consider what you would like to change about each of them as a result of treatment:

Family:

Relationships:

Work:

Managing at Home:

Physical Health:

Mental Health:

Hobbies and Other Interests:

Spirituality:

Finances:

Social Justice:

Answer these questions as specifically and honestly as possible to explain what you would like to change about yourself or your behaviors as a result of treatment:

I'd like to think this less:

I'd like to think this more:

I'd like to feel this less:

I'd like to feel this more:

I'd like to do this less:

I'd like to do this more: