



# Therapy Goals

At the beginning of therapy, it's important to think about your goals for treatment. Save this sheet so you can refer back to it as you progress. Reviewing your initial 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 of your problems are solved. When you wake up, how will you know that things are better? What specific changes do you notice?**



**What are three broad goals you would like to work on during therapy sessions?** (Example: ‘Improve my relationship with my spouse.’)

1.

2.

3.

**For each of the goals you listed above, describe specifically how your life will be different once you’ve completed therapy** (Example: ‘My spouse 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.