Goals

A list of clear and concrete goals for our work together will help us stay focused and evaluate our progress. And the goals can serve as motivators. Please review these examples and write a draft list of your own goals that we can review together. Of course, the content of your goals may differ from the ones here. List as few or as many goals as you want.

|  |  |
| --- | --- |
| Instead of the general goal of… | ...write a more specific version |
|  |  |
| To “get a life” | To meet a new person and do something fun with that person, and to get to work on time every day this month |
| To have more friends | To meet 3 new people over the summer and invite them for coffee/movie/dinner |
| To be more socially active | To attend 3 social events this month |
| To recover from OCD | To spend less than 1 hour a day obsessing and ritualizing |
| To get in shape | To do some form of exercise 3x/week |
| To stop being a worrier | To spend less than 20 minutes per day worrying |
| To feel less depressed | To score in the normal range on a scale of symptoms of depression |

Date

My therapy goals are:

1.

2.

3.

4.

5.

6.