

Therapy Goals

Name: _____

Date: _____

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 your 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?