

## TREATMENT PLANNING IDEAS

It can be hard to think of things to work on in therapy. Some people are aware of so much "stuff" in their life they have difficulty deciding which bits to work on. Others struggle to find any ideas. This list is to help you identify general areas (like "interpersonal skills") and specific problems if finding more useful ways to "target". It has no order or is not limited to this list, of course. Simply circle or put an "x" next to those you might want to work on and we'll talk about them.

I feel inadequate	Anxiety	I am a bit shy around people
Anger	Moods - especially feeling "down"	I need a new type of job
My mental health "stuff"	Communication	Sadness
How do I find a job?	CRA (current convictions)	I have a lot of STRESS
I am too busy	I know who I prefer (it's not "them"!)	A chronic medical problem
How do I seem to people (other) not so much?		How do I get people to change?
I do not want to be angry!	I know who I deal with my difficulties?	"What are difficulties?"
Assertiveness training	Ways to cope better	How do I relax?
My spiritual life is "short"	Having (sober) fun	I have few (or no) hobbies
I have little time	I tend to be impatient	Life has no meaning
People misunderstand me	Relapse prevention plan	How do I not use again?
I want a good career	With my current how do I get work? (Being a parent is rough)	
Who am I now?	Money management	"Who do I want to be?"
I have no few real friends	I have important medical problems. Handling feelings	
Finances	Sleep problems	I worry about _____
My life is a mess!	Legal problems	A traumatic thing happened
Sensual "stuff"	I'm too tired to stop reading Dr. A.	I have good reasons to use CRA
Break a habit, lost it	I really miss _____	I am not worth much
I need a place to live	I want to get in shape (physically)	"Codependent" thinking
What have these drugs/alcohol done to my body?	What have alcohol/drugs done to my brain?	