

Identifying Therapy Goals

Reaching out for help can be difficult, but sometimes all that holds us back is figuring out where to start. You can use this sheet to figure out what your main goals of therapy are or where you might like to start.

Identifying your Main Concerns:

Start by identifying what emotions you have the most often.

"I feel sad all the time."

I feel _____.

I feel _____.

I feel _____.

Then identify what you would like to be different in your life.

"I wish that I had a better relationship."

I wish _____.

I wish _____.

I wish _____.

Next identify what you would like to be different about yourself.

"I would like to be more assertive."

I would like to be _____.

I would like to be _____.

I would like to be _____.

Look for any themes or issues that stick out to you above, now use those to identify what you would like to explore in therapy:

1. _____.

2. _____.

3. _____.