

## Treatment Goals

*Circle all that apply.*

1. Reducing a fear.
2. Having more pleasurable activities
3. Improving communications with my: (circle)  
*Spouse/Children/Friends/Coworkers/Others*
4. Expressing myself more assertively.
5. Learning how to relax.
6. Better managing my health.
7. Better tolerating my mistakes.
8. Better tolerating others' mistakes.
9. Feeling less guilt.
10. Feeling less depressed.
11. Better accepting a loss/death.
12. Increasing my conversational skills.
13. Learning how I come across to others.
14. Not taking disappointments so hard.
15. Doubting myself less.
16. Thinking more positively.
17. Improving my sexual relationship.
18. Controlling my eating or weight.
19. Controlling my alcohol use.
20. Changing a habit.
21. Controlling my drug use.
22. Better managing my pain.
23. Learning how to improve friendships.
24. Reducing uncomfortable thoughts.
25. Learning more effective parenting skills.
26. Improving my sleep.
27. Reducing my sensitivity to possible criticism.
28. Talking out a pending decision.
29. Problem-solving/decision-making techniques.
30. Reducing panic attacks.
31. Increasing self esteem.
32. Reducing family difficulties.
33. Reducing job difficulties.
34. Better managing my temper.
35. Taking initiative more often.
36. Receiving medication help.
37. Decreasing procrastination.
38. Better managing time.
39. Decreasing trying to be perfect.
40. Not reacting so emotionally.
41. Allowing myself to express feelings more.
42. Feeling more self-confident.
43. Discussing my thoughts of harming myself.
44. Discussing my thoughts of harming others.
45. Adjusting better to a recent change/incident.
46. Adjusting better to a past incident.
47. Becoming more optimistic.
48. Improving my self-awareness.
49. Adopting a more healthy attitude.
50. Worrying less.
51. Other (specify):  
\_\_\_\_\_

Now please review your list and decide which 3 goals you wish to discuss/change at this time.

My 3 most important goals are (write in the goal numbers):

First \_\_\_\_\_ Second \_\_\_\_\_ Third \_\_\_\_\_