

Treatment Goal-Setting Worksheet

My #1 goal for treatment is:

Making it More Concrete

Take a moment to make this goal more concrete. What would it look like once you have achieved this goal? What things would you be doing, or not doing? What behaviors would you be engaging in or not engaging in? Again, be as concrete as possible here, try to list specific behaviors.

Taking the Necessary Steps

Next, think about some small, manageable steps that you can take towards reaching the specific treatment goals you've listed above. These steps should take anywhere from a few days or a week, up to a month to achieve. What steps will you need to take? It can be helpful to work backwards from your goal to help identify specific steps you will need to take to get there. Use the behaviors you listed above to help come up with your steps to achieving your treatment goal.

Step 5:

Step 4:

Step 3:

Step 2:

Step 1:
