

Therapy Goals Worksheet

Before you begin therapy we suggest you fill out this worksheet. Save it and look back at it after a few sessions and measure your progress with it.

Describe your problem(s) that lead to you entering therapy.

Imagine that you fall asleep, and all your problems are solved. What changes do you notice?

What are three broad goals you would like to work on during therapy?

For each of the goals listed above, describe specifically how your life will be different once you've achieved them.