

## SMART Goals

Goals help track progress through the CBT process.

It is best to express goals as “Start” rather than “Stop” goals.

- “Stop” goals focus on avoiding or controlling what you don’t want (e.g., to be less anxious).
- “Start” goals focus on what you want (e.g., to become more emotionally resilient).

The latter can cause a rebound effect and shift your focus to worrying about failure rather than noticing your progress.

It is also helpful to express goals using SMART acronym:

- Specific: Expressed in concrete terms.
- Measurable: quantifiable.
- Attainable: Proportionate and achievable.
- Relevant: Consistent with your personal values (who you are and how you want to act)
- Timebound: Clear deadline a frequency measure.

Identify three specific goals you want to achieve, small practical steps to achieve the goal, and identify any new skills to support the changes that you want to make.

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| <b>Goals</b>   | <b>Small Steps To Achieve the Goal</b>   | <b>New Skills To Support The Changes</b>   |
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| e.g., Strengthen my relationship with my family members. | <ul style="list-style-type: none"> <li>• Contact family members by email.</li> <li>• Call family members twice a week.</li> <li>• Organize dinners on the weekends.</li> </ul> | <ul style="list-style-type: none"> <li>• Understand what triggers my negative feelings.</li> <li>• Challenge my negative beliefs.</li> </ul> |
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