

Therapy Goals Worksheet

1. What are the main issues or concerns you want to address in therapy?

2. Why are these issues important to you?

3. What do you hope to achieve by the end of therapy?

4. Break down your main goals into smaller, specific objectives.

5. How will you know when you have achieved these objectives?

6. Which goals are the most important to you right now?

7. Why did you choose these goals as your top priorities?

8. What challenges or obstacles might you face in achieving your therapy goals?

9. How can you address or overcome these obstacles?

10. What specific steps will you take to work toward your therapy goals?
