**Therapy Goals**

As you begin in therapy, it is important to identify why you are seeking it. Identifying goals gives a starting place and a way to make a plan around accomplishing those goals. Fill out this sheet on your own according to the example. Your therapist will review the form with you.

**Example:**

|  |  |
| --- | --- |
| Goal 1: Learn coping skills to ease depression symptoms  | Due Date: 06.01.2020 |

|  |  |  |
| --- | --- | --- |
| Objective 1:Be able to identify emotions | Objective 2:Feel less depressed | Objective 3:Feel motivated enough to take a shower |

**Okay! YOUR turn!**

|  |  |
| --- | --- |
| Goal 1:   | Due Date: |

|  |  |  |
| --- | --- | --- |
| Objective 1: | Objective 2: | Objective 3: |

|  |  |
| --- | --- |
| Goal 2: | Due Date: |

|  |  |  |
| --- | --- | --- |
| Objective 1: | Objective 2: | Objective 3: |

|  |  |
| --- | --- |
| Goal 3: | Due Date: |

|  |  |  |
| --- | --- | --- |
| Objective 1: | Objective 2: | Objective 3: |

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_