**Goals for Therapy**

Briefly tell me about why you came to therapy

If you could wake up tomorrow morning and everything would be “better” what would that look. What indicators would tell you things are different?

Describe three board goals you’d like to accomplish in therapy. For example, “My goal is to obtain better coping skills in social situations”

1)

2)

3)

Describe one specific goal for each of the larger goals listed above. For example, “When I am triggered in social situations, I will be able to successfully calm myself down.”

1)

2)

3)