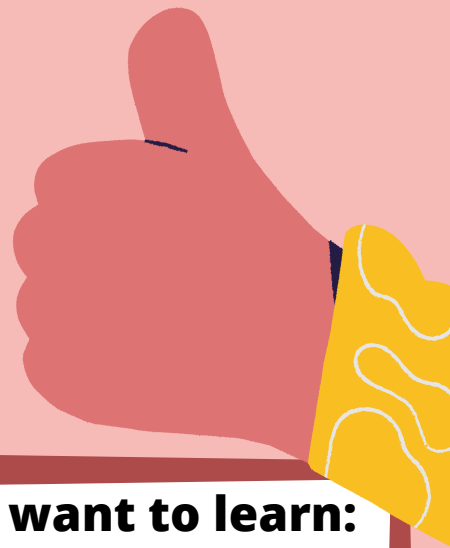


# ***THERAPY GOALS***

**Settings therapy goals is a great way to track treatment progress!**

1. Why are you starting therapy? This is an important question to ask to assess a clients insight into their behavior.
2. What do you want to learn in therapy? This helps identify the clients perceptions of therapy and gives an opportunity to describe what therapy is.
3. What are you excited to talk about in therapy? This is an important question to identify the clients values and understand what they want to prioritize in treatment.
4. What are you afraid to talk about in therapy? This gives the client an opportunity to disclose fears and helps you understand what topics may take longer to discuss.
5. If you had a magic wand, what would your life look like? This can help identify the clients goals.

# THERAPY GOALS



**Why I am starting therapy:**

**In therapy I want to learn:**

**Something I am excited to talk about:**

**Something that will be hard for me to talk about:**

**If I had a magic wand and everything was fixed, this is what my life would look like:**