



Client name(s): _____ Date: _____

What are three goals for my therapy:

1) _____

➔ If the problem was magically resolved in 6 months, what would be different? What would it feel or look like?

2) _____

➔ If the problem was magically resolved in 6 months, what would be different? What would it feel or look like?

3) _____

➔ If the problem was magically resolved in 6 months, what would be different? What would it feel or look like?

What are personal traits or skills that I have which would help me with the above goals:

Looking at the Therapy Menu, what theory(ies) interest me:

How much time am I willing to devote to therapy homework, reading of self-help books, or therapy goals each week?
