**Therapy Goals**

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**At the beginning of therapy, it’s important to think about your treatment goals. Save this worksheet so youcan frequently refer to it as you progress. Reviewing your goals will help you measure progress and stay on track throughout treatment.**

**Describe the problem(s) that led to you entering therapy.**

I felt so overwhelmed with everything, and suddenly what I considered normal, my life, was too much for me. I broke down at work. Everything did not have a buffer, it all went straight to physical pain and discomfort in my chest.

I left my past relationship around 6 months ago, did not really process everything as I should have, and instead mechanically went on with my life. I further was involved with someone, who had been kinda in the picture. So, he does not belong to me, and therefore he was a welcome distraction, up until we decided to halt the involvement- which had always been the agreement.

I got to be overwhelmed by my two jobs, and barely worked from the heart. It became so mechanical. Still is but at least not as before. At least the physical cocktail of pain around my chest dissipated.

I think now literally being alone and processing this let to some sadness that felt so physical for a while.

I have always considered therapy, coz of my family dynamics. Also, I know I wouldn’t want to be a mom in my current mental space which has a little bit of too high expectations, little leniency, a lot of rigidity and a little bit of self-hate and self-esteem issues.

**Imagine that while you’re sleeping, all your problems are solved. When you wake up, how will**

**you know that things are better? What specific changes do you notice?**

I note that I decide to do things and follow through with them.

I note that I am consistently taking care of myself (Cooking, bathing, cleaning, being organized).

I note that I do not come off as too strong in subjects of marriage and motherhood.

Men do not irk me as much, and I do not need them unhealthily.

I note that I do not run away from my thoughts.

I note that I am back to working with my heart, just like it has been.

I note that I take a day/moment at a time and I am not always rushing, tensing, panicking.

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**What are three broad goals you would like to work on during therapy?**

**Example: “Improve my relationship with my partner.”**

1. Knowledge of self, improve my relationship with myself.

2. Working on making my mind a safe place to be

3. Working on not over relying on other people to process my emotions.

4. Working on creating a goal and actually working towards it

5. Improve my perception about life and leave negative thinking

6. Working on not always seeing the first thing/man that comes my way, on knowing what I actually want in a partner, not settling with whaever is offered.

**For each of the goals listed above, describe specifically how your life will be different once you’ve**

**completed therapy.**

**Example: “My partner and I would communicate about our problems. When we get angry at one another,**

**we would know how to get through it without big fights.”**

**1**. I would be kinder to myself and always show myself grace in moments of failure or disappointment.

2. I would be able to confront myself, really self-reflect and not have to hide from my thoughts. Come up with remedies for situations I find myself in.

3. I would be able to walk trough all seasons of life, happy or sad, mostly sad, without breaking down.

4. I would achieve discipline, consistency and really work from my heart.

5. I would be more positive, I would appreciate life more, and live it more.

6. I would know what I want, set boundaries, set goals, know what I cannot stomach, not always have someone who feels like they don’t deserve me for choosing less. I would be happier.