

### Goals for Therapy

Emotions are one-word adjectives such as happy, depressed, anxious, angry, and calm, and variations of them based on degree.

Emotionally feel this <i>more</i>	Emotionally feel this <i>less</i> (or not at all)

Goals are more easily achieved when they are as specific and concrete as possible (e.g. instead of saying your goal is to “exercise”, it is more helpful to say “run two miles around my neighborhood on Monday, Wednesday, Friday at 5 o’clock”).

Do this <i>more</i>	Do this <i>less</i> (or not at all)

It is helpful to make thoughts as specific as possible (e.g. instead of saying your goal is to think more “positive” or think less “negative”, write out the specific thoughts).

Think this <i>more</i>	Think this <i>less</i> (or not at all)