

Treatment Goal Checklist

The first step in accomplishing your goals is to **clearly** identify what you want. This checklist will help Dr. Russell to develop a more specific plan to meet your particular needs. Mark all that apply to you now.

I want to:

- Develop better interpersonal skills
- Overcome angry outbursts
- Overcome depression
- Overcome anxiety
- Overcome a sleeping problem
- Overcome appetite disturbance/eating disorder
- Eliminate suicidal thoughts
- Stabilize my moods
- Overcome guilt
- Get rid of undesirable thoughts
- Overcome behavioral problems
- Overcome panic attacks
- Develop more self-esteem
- Resolve relationship problems
- Overcome feelings of discouragement
- Not cry so much
- Get rid of a phobia or fear
- Not worry so much
- Overcome my physical problems
- Overcome feelings of inferiority
- Not get frustrated so easily
- Overcome sexual problems
- Overcome loneliness
- Not be such a "workaholic"
- Learn to communicate better
- Stop abusing alcohol
- Stop abusing drugs
- Overcome feelings of hopelessness/helplessness
- Learn to relate better with others
- Get along better with my spouse/partner
- Get along better with my child(ren)
- Get along better with my co-workers/boss
- Eliminate dysfunctional relationships
- _____

Name _____ Date _____