## Form 4.1: Treatment Goals

| Clarifying Top Problems   | Setting Concrete Goals   | Taking the Necessary Steps   |
|---|--|--|
| In what way have your emotions (i.e., feeling sad, anxious, guilty) caused problems in your life? | What are some concrete goals for addressing<br>your top problem? What would you be doing/not<br>doing if you achieved your goal? | Break your goals into several smaller steps so you'll have a better idea of how to start moving toward your goals. |
| Top Problem   | Concrete Goal 1  | Step 1   |
|   |  | Step 2   |
|   |  | Step 3   |
|   |  | Step 4   |
|   | Concrete Goal 2  | Step 1   |
|   |  | Step 2   |
|   |  | Step 3   |
|   |  | Step 4   |
| Top Problem   | Concrete Goal 1  | Step 1   |
|   |  | Step 2   |
|   |  | Step 3   |
|   |  | Step 4   |
|   | Concrete Goal 2  | Step 1   |
|   |  | Step 2   |
|   |  | Step 3   |
|   |  | Step 4   |

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