

# TEENAGE & ADOLESCENT THERAPY GOALS

Sometimes it can be hard to put our finger on what we're looking to change in our lives.

Use this goal sheet to help you identify the areas of your life that could benefit from some attention or the places you most want to see change.

**ADAPTED FROM THE  
BERN INVENTORY OF  
TREATMENT GOALS  
(US - 1.0)**

## LOW MOOD & SELF INJURY

I'd like to be able to...

- ...cope with negative thoughts I've been having.
- ...make my way out of low moods quicker.
- ...do more of the things I want to do.
- ...stop physically hurting myself.
- ...not have thoughts about ending my life
- ... feel less isolated or alone.

## RELATIONSHIPS

I'd like to be able to...

- ...learn how to connect with other people better.
- ...learn how to trust people more.
- ...change my relationship with someone (parent/friend/significant other).
- ...learn how to be more assertive and set boundaries with people.
- ...learn how to handle being alone.
- ...prepare myself for a new relationship.
- ...talk about sex or sexual problems.
- ...talk about something in my relationships that makes me uncomfortable.

## ACTIONS & BEHAVIOURS

I'd like to be able to...

- ...talk about something I'm doing that I want to do less or more of.
- ...stop taking a drug I feel addicted to.
- ...learn how to live without addictive substances (alcohol/drugs/etc).
- ...talk about my relationship with the internet or social media.
- ...explore how I think about my weight.
- ...learn how to cope with my eating problems (anorexia/binge-eating/purging/etc.)
- ...sleep better and in a more consistent routine and pattern.

## STRESS

I'd like to be able to...

- ...cope with a specific problem related to school/college/work.
- ...figure out how to be more organised in life.
- ...learn how to handle stressful situations.
- ...talk about pressure I feel to achieve.
- ...understand more about the feelings I have when I'm stressed and how to deal with them.

## MY IDENTITY

I'd like to be able to...

- ...understand more about who I am, what I'm capable of & what I want out of life.
- ...be more comfortable in my own skin.
- ...understand more about my sexuality.
- ...explore my feelings around my gender identity.
- ...learn to accept myself for who I am.
- ...learn how to handle other people's reactions to me.
- ...talk about my place in my group of friends, or my feelings about not having one.

## FEARS & ANXIETIES

I'd like to be able to...

- ...overcome a specific fear or phobia.
- ...stop panic attacks when they strike.
- ...be more comfortable around other people.
- ...stop avoiding things because of fear.
- ...control thoughts that keep coming back again and again.
- ...stop feeling stuck repeating repetitive or time-consuming behaviours.

## MY PAST

I'd like to be able to...

- ...come to terms with an event which happened that is still on my mind.
- ...come to terms with losing someone.
- ...talk about my family and the way they do things.
- ...talk about things people have said to or about me.

## MY FUTURE

I'd like to be able to...

- ...learn how to relax more.
- ...be more confident and self-assured.
- ...feel calmer and enjoy life more.
- ...learn how to be more comfortable with my body.
- ...talk about plans or ideas I have for my future (personal/educational/social).
- ...discover a hobby or something fun I can do with my spare time.
- ...be more active in sports or other physical activities.
- ...talk about what I want life to look like in the future.

## PERFORMANCE

I'd like to be able to...

- ...learn how to deal with the expectations I or someone else has for me.
- ...learn how to finish projects I've started.
- ...make goals and pursue them in a healthy way.
- ...deal with pressure I feel about how I do in exams/sport/other areas.

## OTHERS

Are there any other goals you have that haven't been mentioned here?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_