Waypoint Counseling Services

Treatment Goals

Circle four (4) of the following goals you would like to improve upon.

1: Increase involvement in outside interests and activities.

2: Increase social activities.

3: Spend more time with my family.

4: Improve communication with my spouse.

5: Decrease daily tension and anxiety.

6: Develop greater self-worth.

7: Learn to be less sensitive.

8: Become more comfortable in a group.

9: Modify feelings of anger and resentment.

10: Learn to say what I really think and feel.

11: Be a better listener.

12: Appreciate the feelings of others more.

13: Appreciate how my behavior affects others.

14: Gain more ability to be patient under stress.

15: Learn some factual information about alcoholism/drug abuse.

16: Become more trustful and candid in relationships.

17: Understand and accept personal strengths and limitations.

18: Deal more constructively with feelings of hostility.

19: Be more self-assertive in relationships.

20: Acknowledge past disappointments and failures.

21: Set realistic working goals.

22: Modify tendency to be too rigid and inflexible.

23: Other - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please complete the following sentence in your own words.

I have come to counseling because:

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