

Session 6 At-Home Worksheet—
Sharing My Goal with Someone in My Life

Name: _____

Date: _____

Checkmark the person that you will talk to about your goal:

Psychiatrist Therapist Other doctor

Family member Friend Neighbor Case worker

Other:

Before you talk to the person, answer the following questions:

The specific goal I will talk about is:

What is the goal for 3 months from now?

What are the specific steps I need to take to reach the goal:

How long have you been thinking about this goal? (Check one)

Days Weeks Months Years

Have you tried to reach this goal before? Yes No If yes, what happened?

What ways can the person help you reach the goal (be specific)?

When will you talk about your goal (be specific with a day and time):

After you talk to the person, answer the following questions:

What did your support person say when you told them your goal?

Do you feel more motivated or less motivated towards your goal after sharing it? (Check one) More Less

Do you think your doctor/family member will be helpful or hurtful in your progress toward your goal? (Check one) Helpful Hurtful

How?