

Session 6 At-Home Worksheet—

Name: _____

Sharing My Goal with Someone in My Life

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?

Sharing My Goal with Someone in My Life, continued.

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?