

Therapy Goals

Setting treatment goals is an important part of working with a therapist. These reflection questions can help you think through your reasons for seeking therapy and what you hope to gain from it. You can also return to these goals as you continue through therapy as a way to keep track of your progress.

We encourage you to try these questions out on your own first, but if you're having trouble putting your goals into words, you can try the prompts on the next page to get started.

What problem has brought you to therapy? Why are you starting therapy now?

If therapy worked well, how would your life be different? Try to think of specific ways you would be able to tell.

What would you most like to work on in therapy?

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Therapy Goals

If you're having trouble putting your goals into words, you might try some of the prompts below, if they seem relevant to your situation:

What problem has brought you to therapy? Why are you starting therapy now?

- I can't stop thinking about
- A lot of the time, I feel
- I feel stressed, worried, down, or angry because
- A lot of the time, my body feels
- Too often, I seem to
- I seem to have a habit of
- I don't like that I
- My life has changed since
- People in my life tell me
- People in my life are
- Work has become difficult because
- Relationships have become difficult because
- I feel stuck because
- I can't seem to cope with

If therapy worked well, how would your life be different? Try to think of specific ways you would be able to tell.

- I would think
- I would feel
- I would do
- I would know
- I would start
- I would stop
- On most days, I would
- People in my life would
- Work would be better because
- Relationships would be better because
- I would cope with

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Therapy Goals

If you're having trouble putting your goals into words, you might try some of the prompts below, if they seem relevant to your situation:

What would you most like to work on in therapy?

- I want to figure out
- I want to learn
- A problem I want to solve is
- I want to explore
- I want to cope with
- I want to feel
- I want to improve

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Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

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325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.



Find Online Treatment Options Specific to Your Needs

Finding specialized treatment based on age, identity, goals, or diagnosis can make a difference in the efficacy of therapy. The experts at ChoosingTherapy.com are here to help, with specific resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

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