



Day/Date: April 14th

Goals List

Using the more specific values-oriented ideas you identified on the “Values and Priorities List” as a guide, please think about 2-5 broad or long-term goals you’d like to address in treatment. These should be things that are very important to you and should include a few of the different areas you identified as being important.

Don’t worry about making the goals specific right now. We’ll make short-term goals in the next session.

For example: If you chose “(A) Attend to Relationships: work on current relationships” you might make a long-term goal of “Be more involved with my children.” If you chose “(E) Live a Life of Pleasure and Satisfaction: seek fun and things that give me pleasure” a long-term goal you could make is “Pick up a new hobby I enjoy.”

1. I want to be closer to people in my family
2. I'd like to be more creative, to be doing more creative things
3. To get a job that fits me better
4. To eventually get to be an NA sponsor
5. To have my home feel more welcoming and cozy

Modeled after: Lejuez, C. W., Hopko, D. R., Acierno, R., Daughters, S. B., & Pagoto, S. L. (2011). Ten Year Revision of the Brief Behavioral Activation Treatment for Depression: Revised Treatment Manual. *Behavior Modification*, 35(2), 111–161.
<https://doi.org/10.1177/0145445510390929>