

What I'd Like To Work On In Therapy/Counseling

I came to therapy because I would like help with:

BEHAVIOR: What are you doing that you don't want to do?

What are you not doing (or not doing enough) that you want to do?

EMOTIONS: what are you feeling that you don't want to feel?

What are you not feeling (or not feeling as much as you'd like) that you do want to feel?

THOUGHTS: What are you thinking that you don't want to think?

What are you not thinking that you want to think?

NAME: _____

DATE: _____