

Treatment Planning Ideas

It can be hard to think of things to work on in therapy. Some people are aware of so much 'stuff' in their life they have difficulty deciding which bits to work on. Others struggle to find any ideas. This list is to help you identify general areas (like 'interpersonal skills') and specific problem ('finding more useful ways to 'argue'). What we work on is not limited to this list, of course.

Simply circle or put an 'x' next to items you might want to work on and we'll talk about them.

I feel inadequate	Anxiety	I am a bit shy around people
Anger	Moods – especially feeling ' down '	I need a new type of job
My mental health "stuff"	Communication	Sadness
How do I find a job ?	DWI arrest/conviction(s)	I have a lot of STRESS
I am too busy	How do I grieve (& not 'lose it')?	A chronic medical problem
How do I not let people bother me so much?		How do I get people to change ?
I do not need to be here!	How do I deal with my defenses ?	What are defenses ?
Assertiveness training	Ways to cope better	How do I relax ?
My spiritual life is 'shot'	Having (sober) fun	I have few (or no) hobbies
I have little hope	I tend to be impatient	Life has no meaning
People misunderstand me	Relapse prevention plan	How do I not use again ?
I want a good career	With my record how do I get work ?	Being a parent is tough!
Who am I now?	Money management	Who do I want to be?
I have no/few real friends	I have important medical problems	Handling feelings
Fear(s)	Sleep problems	I obsess about _____
My life is a mess!	Legal problems	A traumatic thing happened
Sexual 'stuff'	It is too hard to stop using D/A	I have good reasons to use D/A
Been clean , lost it	I <u>really</u> miss _____	I am not worth much
I need a place to live	I want to get in shape (physically)	' Codependent ' thinking
What have these drugs/alcohol done to my body ?		What have alcohol/drugs done to my brain ?