

## Goals of Counselling (SAMPLE)

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Problem Areas/Goals “in the area of ____ I would like:”	Intervention (Weekly)	Time Frame (Goal)
1. Marijuana use/nonuse <b>Stay clean for 30 days</b>	1. Play video games after school with my two non-using friends (Sam e Pete). 2. Use drug-refusal skills whenever offered drugs.	1 month
2. Alcohol use/nonuse <b>Stay sober for 30 days</b>	1. Go to an alcohol-free party on Saturday night (Ted’s).	1 month
3. Other drug use/nonuse N/A	N/A	N/A
4. Relationship with boyfriend/girlfriend <b>Do two non- drug-related activities each week outside of home (both agree)</b>	1. Use problem-solving procedure with girlfriend to identify an enjoyable activity they both like. 2. Try the activity once.	1 month
5. Relationships with friends <b>Make one new non-using friend.</b>	1. Attend church youth group this week.	1 month
6. Relationships with parents/caregivers <b>Spend two hours per week doing a fun activity together (movie, shop, dinner).</b>	1. Sit down and have a glass of juice with my parents at breakfast time before rushing out the door (do two times per week).	1 month
7. School <b>Get passing grades on my math and history midterms.</b>	1. Finish my math and history homework every night this week.	1 month
8. Social activities <b>Identify one new fun social activity that I want to do weekly and begin doing it.</b>	1. Ask my non-using cousin what he does for fun with other people. 2. Look through newspaper to get ideas; check on the internet.	1 month

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NOTE: These would *not* be all assigned at once!

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Date: \_\_\_\_\_

Problem Areas/Goals “in the area of ____ I would like:”	Intervention	Time Frame
9. Recreational activities <b>Get punching (speed) bag</b>	1. Call Uncle Ned to see if he still has a bag; call the YMCA to see if they have any old ones.	1 month
10. Personal habits (e.g. getting up in the morning, being on time, finishing tasks) <b>Be on time for school everyday.</b>	1. Set a back-up alarm across the room. 2. Turn off computer and go to bed by midnight on school nights.	1 month
11. Legal issues <b>Make it through the month with no charges.</b>	(See interventional/goal #1)	1 month
12. Money management <b>Save \$20 per month</b>	1. Do odd jobs for elderly neighbours (i.e., pick up trash, run errands) and put \$5 away each week.	1 month
13. Emotional life (my feelings) <b>Use anger management “cool down” techniques whenever angry.</b>	1. Try out two possible “cool down” techniques this week (i.e., saying “cool down/relax”, walk away quickly) when angry.	1 month
14. Communication <b>Spend a half hour per day in pleasant conversation with parents</b>	1. Use positive communication skills to say a pleasant “good-bye” when leaving for school each day and “hello” when returning home.	1 month
15. General happiness		
16. Other		