

Goals of Counselling

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Name: _____

Date: _____

Problem Areas/Goals “in the area of ____ I would like:”	Intervention	Time Frame
1. Marijuana use/nonuse		
2. Alcohol use/nonuse		
3. Other drug use/nonuse		
4. Relationship with boyfriend/girlfriend		
5. Relationships with friends		
6. Relationships with parents/caregivers		
7. School		
8. Social activities		

Goals of Counselling

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Name: _____

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Problem Areas/Goals “in the area of ____ I would like:”	Intervention	Time Frame
9. Recreational activities		
10. Personal habits (e.g. getting up in the morning, being on time, finishing tasks)		
11. Legal issues		
12. Money management		
13. Emotional life (my feelings)		
14. Communication		
15. General happiness		
16. Other		

From: Godley, S. H., Meyers, R. J., Smith, J. E., Karvinen, T., Titus, J. C., Godley, D., et al. (2001). *The adolescent community reinforcement approach for adolescent cannabis users*. Rockville, MD: Center for Substance Abuse Treatment, Substance Abuse and Mental Health Services Administration.