



Goal Setting Questions

The following questions may be of some help as you set treatment goals with your clients.

1. What do you want to achieve through counseling?
2. Is this outcome in your control or in the control of others? For therapy, the outcome should be under the control of the client.
3. Is this goal manageable?
4. Where-when-whom do you want this change to take place?
5. How will you know you have achieved your goal?
6. What will achieving your goal do for you?
7. What is the risk of achieving your goal?