



The Initial Plan

Date Initiated _____

To make efficient progress, we need specific, concrete goals. Please think about your goals in our work together.

1) What is the **first specific goal** – perhaps a very small one – that if achieved would help you feel like you are moving in the right direction? (Use clear, simple words.)

2) What is the **second specific goal** you hope to attain?

3) If 1 and 2 are successful, what might you hope for next?

To achieve these goals, what are you willing to do? Check all that apply:

☐ Attend therapy regularly (how often)? _____

☐ Do homework between sessions

☐ Try out some new behaviors my counselor might suggest

Recommended therapy approach (To be completed with therapist):

Signature

Date

Client Name (PLEASE PRINT)

Dr. Christine M. Bielinski, Ph.D., LPC

Date

Plan updated __/__/__. By:_____ Plan updated __/__/__. By:_____