

GOAL SETTING

Please take some time to think about what you hope to accomplish in therapy. What do you want to be different by the time you complete therapy? How will you know when therapy should be terminated- what will be different or changed? How will you feel? Please be as specific as possible in stating your goals and elaborate on why they are important to you. What do you hope to gain by reaching these goals?

- Better communication with partner
 - How will I know what needs to be communicated?
 - Communicate when unhappy without judgement

- Better conflict resolution with partner
 - Don't get personal during conflict
 - Stay on point of conflict

- Show that I am wanted and NOT just needed
 - More affection and attention