



CBSST: GOALS

What are some of your goals? Please make a list of some of your goals:

1. _____
2. _____
3. _____
4. _____
5. _____

What problems have you been experiencing lately? Please make a list of some of your problems:

1. _____
2. _____
3. _____
4. _____
5. _____

Let's talk about some of your problems. How do these problems get in the way of achieving your goals?

1. _____
2. _____
3. _____
4. _____
5. _____

In addition to solving these problems and achieving these goals, do you have any other reasons for coming to group?

1. _____
2. _____
3. _____
4. _____
5. _____