

My targets for treatment

Imagine into the future and that the symptoms in your problem statement have improved and the vicious cycle has been broken. What would life be like? Answer the questions below and think how things would be different for you and what you would be doing as a result:

 **Where would you be going?**

(e.g. I would be able to go to the supermarket by myself without safety behaviours or be able to focus on a task without ruminating)

 **What would you be doing?**

(e.g. I would be able to do the weekly shop for myself or I would be doing the housework every Saturday)

 **Who would you be with?**

(e.g. I would be able to take the children to the cinema or be able to go on a flight for a family holiday at Christmas)

If these are targets you would like to work towards in treatment you can create goals from them below:

 **Goal 1:**

Things I can do towards this goal in the next couple of weeks:

Things that I can do towards this goal in the next month:

Longer term things I can do to work towards this goal over the next six months or so:

 **Goal 2:**

Things I can do towards this goal in the next couple of weeks:

Things that I can do towards this goal in the next month:

Longer term things I can do to work towards this goal over the next six months or so:

 **Goal 3:**

Things I can do towards this goal in the next couple of weeks:

Things that I can do towards this goal in the next month:

Longer term things I can do to work towards this goal over the next six months or so: