

Goal-Setting Questions

Make a note about any distressing or painful thoughts, feelings, emotions, memories, urges, triggers, projections, etc.,

If these thoughts/feelings/etc., were no longer an issue for you...

1. What would you stop or start doing, do more of or less of?

2. How would you treat yourself/others/life/the world, differently?

3. What goals would you pursue?

4. What activities would you start or resume?

5. What people/places/events/activities/challenges, would you approach/start/resume/contact – rather than avoid or withdraw?
