

Example Form 4.1: Treatment Goals

Clarifying Top Problems <i>In what way have your emotions (i.e., feeling sad, anxious, guilty) caused problems in your life?</i>	Setting Concrete Goals <i>What are some concrete goals for addressing your top problem? What would you be doing/not doing if you achieved your goal?</i>	Taking the Necessary Steps <i>Break your goals into several smaller steps so you'll have a better idea of how to start moving towards your goals.</i>
<p><u>Top Problem</u></p> <p>I've become socially isolated</p>	<p><u>Concrete Goal 1</u></p> <p>To make new friends</p>	Step 1 Search online for clubs or classes
		Step 2 Sign up for and attend new class
		Step 3 Make small talk with someone
		Step 4 Invite someone to get coffee after class
	<p><u>Concrete Goal 2</u></p> <p>To get to know my coworkers better</p>	Step 1 Start eating in the break room
		Step 2 Make small talk with coworkers
		Step 3 Have longer talks with coworkers
		Step 4 Attend work happy hour
<p><u>Top Problem</u></p> <p>I can't seem to get anything productive done</p>	<p><u>Concrete Goal 1</u></p> <p>To complete work tasks ahead of time</p>	Step 1 Outline steps to complete task when it is first assigned
		Step 2 Work on task for a little while daily
		Step 3 Try to work on task even if I don't feel like it
		Step 4 Consider the task finished when it's "good enough" even if it's not perfect
	<p><u>Concrete Goal 2</u></p> <p>To delegate tasks to others</p>	Step 1 Identify tasks at work and at home that my coworkers/family can help with
		Step 2 Stop myself from checking their work
		Step 3 Focus on other priorities
		Step 4 Allow them to complete the task in their own way.

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