

# CAPHS POSSIBLE GOALS

## **FIRST DAY GOAL ONLY:**

LEARN STAFF AND PEERS NAMES AND ADJUST TO THE PROGRAM.

- MAKE A LIST OF TOPICS I WANT TO DISCUSS IN MY NEXT FAMILY MEETING.
- IDENTIFY ONE THING I DO TO CONTRIBUTE TO A PROBLEM I AM HAVING AND DISCUSS WITH \_\_\_\_\_ (STAFF).
- MAKE A LIST OF 5 PEOPLE I CAN TALK TO WHEN I FEEL LIKE HURTING MYSELF AND WHY I AM CHOOSING EACH ONE.
- MAKE A LIST OF HEALTHY THINGS I CAN DO WHEN I FEEL LIKE HURTING MYSELF.
- WRITE A PARAGRAPH ABOUT SOMETHING THAT IS AFFECTING ME OR THAT I AM STRUGGLING WITH AND SHARE IT WITH MY PRIMARY THERAPIST IN OUR NEXT SESSION.
- LIST FIVE THINGS THAT I WANT TO ACCOMPLISH WHILE IN PROGRAM.
- IDENTIFY FIVE POSITIVE OR NEGATIVE THINGS I HAVE DISCOVERED ABOUT MYSELF WHILE IN PROGRAM.
- LIST FIVE THINGS I HAVE LEARNED ABOUT MY FAMILY WHILE IN PROGRAM.
- LIST FIVE REASONS WHY BEING IN PROGRAM HAS IMPROVED MY THOUGHTS ABOUT ME.
- LIST FIVE REASONS WHY BEING IN PROGRAM HAS IMPROVED MY RELATIONSHIP WITH MY FAMILY.
- LIST THREE-FIVE THINGS TO TALK TO MY PRIMARY THERAPIST ABOUT IN OUR NEXT SESSION.
- LIST FIVE POSITIVE QUALITIES ABOUT MYSELF.
- LIST FIVE POSITIVE THINGS ABOUT MY FAMILY (MOTHER, FATHER, BROTHER, SISTER, ETC.)
- THINK OF A LIMITING IDEA I MIGHT HAVE OF MYSELF, SUCH AS "I'M NOT OUTGOING." DO SOMETHING THAT TOTALLY CONTRADICTS IT AND TELL MY THERAPIST ABOUT IT.
- THINK ABOUT A FAMILY MEMBER OR LOVED ONE WHO HAS BEEN ACTING TOTALLY OUT OF CHARACTER LATELY AND TALK TO MY PRIMARY THERAPIST ABOUT IT.
- MAKE A LIST OF WHAT OCCUPIES MOST OF MY TIME AND IDENTIFY IF IT IS HEALTHY OR UNHEALTHY.
- LIST THREE HEALTHY THINGS THAT MATTER MOST TO ME IN LIFE AND WHY.
- PICK A POEM OR LYRIC, THINK ABOUT HOW I IDENTIFY WITH IT, AND WRITE DOWN WHY TO SHARE WITH YOUR THERAPIST.
- FOR ONE DAY TRY NOT TO EXAGGERATE OR EMBELLISH AND IDENTIFY WHEN I EXAGGERATE OR EMBELLISH AND DISCUSS WITH MY PRIMARY THERAPIST.
- TAKE A RISK AND SHARE SOMETHING PERSONAL IN TEEN ISSUES GROUP.
- IDENTIFY AND LIST THREE THINGS IN MY LIFE THAT I THINK I HAVE CONTROL OVER AND THEN LIST THREE THINGS I DON'T HAVE CONTROL OVER THAT I WORRY ABOUT AND WHY.
- IDENTIFY MY MOST UNHEALTHY HABIT OR COPING MECHANISM. WRITE DOWN WHAT I AM GOING TO DO ABOUT IT.
- LIST FIVE HEALTHY THINGS I ABSOLUTELY LOVE TO DO AND WHY.

- WHAT IS THE KEY CROSSROAD I AM FACING IN MY LIFE RIGHT NOW? LIST MY CHOICES. IDENTIFY WHICH IS THE BEST PATH TO TAKE.
- THINK ABOUT SOMETHING I'VE BEEN PROCRASTINATING ABOUT FOR A LONG TIME, BUT THAT IS VERY IMPORTANT TO ME. LIST THREE THINGS I CAN DO TO GET STARTED DOING IT.
- IDENTIFY A FEAR THAT'S HOLDING ME BACK FROM REACHING MY GOALS. IDENTIFY WAYS I CAN WORK ON LETTING GO OF THAT FEAR.
- IDENTIFY PEOPLE IN MY LIFE WHO HAVE THE MOST INFLUENCE ON ME (BE SPECIFIC). THEN IDENTIFY IF THEY HAVE A NEGATIVE OR POSITIVE INFLUENCE AND WHY.
- IDENTIFY ONE ISSUE BETWEEN MY PARENT (S) / CAREGIVER (S) AND ME THAT I HOPE TO RESOLVE WHILE I AM IN THIS PROGRAM.
- LIST FIVE THINGS THAT TRIGGER MY ANGER. IDENTIFY A POSITIVE WAY TO COPE WITH EACH ONE. SHARE MY LIST IN WRAP-UP GROUP.
- LIST FIVE EXPECTATIONS I HAVE OF MY PARENT (S) / CAREGIVER (S) AND DISCUSS THESE AT A FAMILY MEETING.
- ASK MY PARENT (S) / CAREGIVER (S) FOR FIVE EXPECTATIONS THEY HAVE OF ME. DISCUSS WHAT THEY TELL ME WITH \_\_\_\_\_, MY PRIMARY THERAPIST.
- LIST FIVE THINGS I CAN DO TO REDUCE MY DEPRESSION.
- IDENTIFY THREE WAYS I AM NOT TAKING CARE OF MYSELF RIGHT NOW. LIST THREE THINGS I WILL DO TO IMPROVE SELF-CARE.
- IDENTIFY SIGNS AND SYMPTOMS OF INCREASING DEPRESSION AND WHAT TO DO IF I NOTICE THEM IN MYSELF.
- IDENTIFY SIGNS AND SYMPTOMS OF INCREASING ANXIETY AND WHAT TO DO IF I NOTICE THEM IN MYSELF.
- IDENTIFY AND PRACTICE ONE NEW HEALTHY COPING SKILL AND GIVE AN EXAMPLE OF HOW I USED IT.
- LIST THREE THINGS I AM GOING TO DO TO HELP MYSELF NOT TALK WHEN ANOTHER PERSON IS TALKING.
- LIST THREE WAYS I CAN SHOW RESPECT TO FAMILY, STAFF, PARENTS, ADULTS, AND WHY THESE WAYS ARE RESPECTFUL.
- IDENTIFY THREE NEGATIVE THOUGHTS I KEEP HAVING AND DESCRIBE HOW I AM GOING TO CHANGE THEM.
- DESCRIBE A TIME THAT YOU WERE LONELY AND TELL WHAT POSITIVE THING(S) YOU DID TO HELP YOURSELF GET THROUGH IT.
- PRACTICE A MINDFULNESS SKILL AND WRITE YOUR EXPERIENCE WITH IT.

**LAST DAY GOAL ONLY:**

LIST FIVE THINGS I LEARNED IN PROGRAM.