



The Amma Center
Counseling and Contemplative Practices

Therapy Goal Sheet

Name:

Date completed:

Date discussed:

You have been in therapy since _____ attending _____

Please answer the following questions in writing on a separate sheet. *Thank you.*

1. Honestly evaluate how therapy has been going for you so far.
2. What are your specific reasons for attending therapy now? and/or What psycho-spiritual goal(s) and/or healing do you hope to reach between now and _____?
3. How would you like our sessions to change to better support your growth? How would you like them to stay the same?
4. What inner strengths and external resources do you bring with you on this journey?
5. How will you know if you reached your goal? What will it feel like internally? How would that be different from how you feel inside now?
6. What else would you like me to know or for us to keep in mind as we move forward?