

OBJECTIVES

Some fundamentals of sobriety/ recovery

Lifestyle changes

Eliminating using friends	Terminating toxic relationships
Managing money	Setting short/long term goals
Taking care of external appearance	Doing things that promote self-esteem
New activities/hobbies/interests	Increasing pleasurable activities
Structuring time/ staying busy	Responsible behaviors
Eat healthily	Exercise
Sleep	Balance
Self-care /scheduling time for oneself	Maintaining peaceful environment

Supports & relationships

Sober supports	AA/NA/SMART/celebrate recovery meetings
Forgiveness of self+others/making amends	Assertive communication / saying "no"
Asking for help	Expressing emotions
Maintaining healthy boundaries	Trust

Coping skills

Acceptance	Meditation
Spirituality/faith	Awareness of thoughts, feelings and actions
Gratitude/positive thinking	Self-affirmation
Managing stress / anger/ depression/ anxiety/panic attacks	Stepwork
Patience	Enhancing distress tolerance
Recognizing & dealing with triggers	Emergency coping plan
Thought-stopping techniques	Managing impulsive/compulsive behaviors
Coping with cravings	

Maintaining motivation

Self-monitoring plans	Weighing pros and cons
Recognizing denial /relapse justifications	Avoiding complacency
Gaining knowledge on SUD/MH issues	

15. Client will engage in healthy coping strategies, such as engaging in creative outlets, practicing relaxation exercises, or seeking social support, when experiencing distressing emotions or memories, at least once a week for the next six months.
16. Client will explore and address any unresolved grief or loss associated with the traumatic experiences through grief counseling or therapy sessions, attending regular sessions for the next six months.
17. Client will work with the therapist to develop a personalized trauma recovery plan, including setting realistic goals, identifying specific interventions, and regularly reviewing and adjusting the plan, every three months for the next year.
18. Client will actively seek out and utilize community resources and support services, such as survivor support groups or trauma-informed therapists, attending meetings or sessions at least twice a month for the next year.
19. Client will engage in relaxation techniques specifically targeted for trauma-related symptoms, such as trauma-sensitive yoga or EMDR (Eye Movement Desensitization and Reprocessing) therapy, as recommended by the therapist, attending regular sessions for the next six months.
20. Client will celebrate and acknowledge their progress in healing and managing symptoms related to PTSD and trauma, recognizing personal growth and resilience, and incorporating self-praise or rewards as a form of positive reinforcement throughout the treatment process.

Substance-Related Disorders

1. Client will attend local support group meetings twice a week for the next two months to aid in recovery.
2. Client will develop a list of at least five healthy coping strategies for cravings and practice one when faced with the urge to use within the next two months.
3. Client will participate in individual therapy sessions focused on addressing underlying issues contributing to substance use, attending regular sessions for the next six months.
4. Client will establish and maintain a structured daily routine that includes healthy activities, such as exercise, hobbies, or socializing, for the next four months.
5. Client will identify and avoid high-risk situations or triggers associated with substance use, developing a plan to navigate such situations and reviewing it regularly with the therapist for the next six months.
6. Client will engage in regular self-reflection and self-assessment to increase self-awareness of thoughts, emotions, and triggers related to substance use, using techniques such as journaling or mindfulness exercises, for at least three times a week for the next three months.
7. Client will build and maintain a reliable support system by establishing connections with sober peers, attending recovery-related events, or engaging in online recovery communities, at least once a week for the next year.
8. Client will collaborate with the therapist to develop a comprehensive relapse prevention plan, including identifying warning signs, implementing strategies for managing cravings, and accessing appropriate resources, and review and update it every three months for the next year.

12. Client will limit daytime napping to improve nighttime sleep quality, aiming to avoid napping or limiting it to short power naps (20-30 minutes) for the next four months.
13. Client will evaluate and adjust their bedroom environment to optimize sleep conditions, such as adjusting lighting, noise levels, or bedding comfort, and make necessary modifications for the next six months.
14. Client will practice progressive muscle relaxation or guided imagery exercises during times of restlessness or difficulty falling asleep, at least three times a week for the next three months.
15. Client will explore and address any potential underlying psychological factors contributing to the sleep disorder, such as stress, anxiety, or depression, through therapy sessions or appropriate interventions, attending regular sessions for the next six months.
16. Client will experiment with and implement strategies for managing sleep disruptions, such as using white noise machines, earplugs, or eye masks, aiming to find personalized solutions for the next four months.
17. Client will establish boundaries and limit stimulating activities in the bedroom, such as avoiding work-related tasks or electronic devices, creating a calm and dedicated sleep environment for the next year.
18. Client will practice mindful eating and avoid heavy meals or excessive fluids close to bedtime, aiming for a balanced diet and appropriate hydration patterns that support sleep quality for the next six months.
19. Client will engage in regular physical exercise, such as moderate aerobic activities or yoga, for at least three times a week, promoting overall well-being and aiding in sleep regulation for the next year.
20. Client will celebrate and acknowledge improvements in sleep quality, recognizing the positive impact on overall health and functioning, and incorporating self-praise or rewards as a form of positive reinforcement throughout the treatment process.

Anger Management

1. Client will identify three personal anger triggers and discuss them in therapy over the next month.
2. Client will practice a chosen anger management technique, such as deep breathing or taking a time-out, in response to anger triggers at least four times a week for the next six weeks.
3. Client will attend anger management group therapy sessions to learn and develop skills for managing anger and expressing emotions in healthier ways, attending regular sessions for the next six months.
4. Client will engage in regular physical exercise or activities that promote relaxation and stress reduction, such as yoga, boxing, or jogging, for a minimum of three times per week for the next six months.
5. Client will practice assertiveness and effective communication skills in their interpersonal interactions, setting boundaries, and expressing their needs and concerns in a respectful manner, at least once a week for the next three months.

6. Client will engage in self-reflection and journaling to increase self-awareness of their anger triggers, patterns, and underlying emotions, aiming for at least three times a week for the next three months.
7. Client will develop a personalized anger management plan in collaboration with the therapist, including coping strategies, relaxation techniques, and alternative ways to express anger, and review and update it every three months for the next year.
8. Client will explore and address any underlying issues contributing to their anger, such as unresolved trauma or unmet needs, through individual therapy sessions, attending regular sessions for the next six months.
9. Client will practice self-care activities and engage in stress-reducing hobbies or interests outside of therapy sessions, aiming for at least two hours per week, for the next three months.
10. Client will monitor their progress in managing anger, noting any improvements or setbacks, using a journal or a self-assessment tool, and discuss the insights gained during therapy sessions, for the next year.
11. Client will develop and practice effective problem-solving skills, learning to identify potential solutions and alternatives when faced with anger-provoking situations, at least once a week for the next six months.
12. Client will explore and challenge irrational or distorted thoughts and beliefs that contribute to anger, practicing cognitive restructuring techniques to replace them with more rational and balanced perspectives, at least three times a week for the next six months.
13. Client will engage in activities that promote relaxation and self-soothing, such as engaging in hobbies, practicing mindfulness or meditation, or listening to calming music, for a minimum of 30 minutes each day for the next three months.
14. Client will actively seek out and participate in anger management workshops, seminars, or educational resources to gain additional knowledge and skills, attending at least one event or accessing one resource per month for the next year.
15. Client will develop and maintain a support system by reaching out to friends, family, or support groups, and actively participating in social activities that promote positive emotions and social connection, at least once a month for the next year.
16. Client will explore and address any underlying trauma or emotional wounds that contribute to anger, engaging in trauma-focused therapy or specific trauma interventions as recommended for the next year.
17. Client will practice empathy and perspective-taking, actively seeking to understand others' viewpoints and emotions, and applying this understanding in conflict situations, at least once a week for the next six months.
18. Client will explore and implement stress management techniques, such as time management, relaxation exercises, or prioritization skills, aiming to reduce stress levels and improve overall well-being for the next six months.
19. Client will develop and practice healthy coping mechanisms to replace maladaptive anger expressions, such as engaging in physical activities, writing in a journal, or seeking social support, at least three times a week for the next year.
20. Client will celebrate and acknowledge their progress in managing anger, recognizing personal growth and the positive impact on their relationships and overall well-being, and

incorporating self-praise or rewards as a form of positive reinforcement throughout the treatment process.

Self-Esteem and Confidence

1. Client will write down and read aloud three personal strengths every morning for the next 30 days.
2. Client will challenge negative self-talk using cognitive restructuring techniques at least four times a week for the next two months.
3. Client will engage in activities that promote self-care and self-nurturing, such as engaging in hobbies, practicing self-compassion, or pampering oneself, for a minimum of two hours per week for the next three months.
4. Client will identify and confront negative core beliefs or underlying assumptions about oneself through therapeutic exercises, attending regular therapy sessions focused on self-esteem and confidence building for the next six months.
5. Client will set achievable goals and celebrate small victories, recognizing and acknowledging personal achievements and progress, at least once a week for the next six months.
6. Client will practice assertiveness skills, expressing their needs, preferences, and boundaries in a confident and respectful manner, in real-life situations at least once a week for the next three months.
7. Client will surround themselves with supportive and positive individuals, seeking out healthy social connections and minimizing interactions with toxic or negative influences, for the next four months.
8. Client will engage in self-reflection and self-compassion exercises, exploring and embracing personal values, strengths, and accomplishments, aiming for at least three times a week for the next three months.
9. Client will explore and challenge perfectionistic tendencies or unrealistic standards, practicing self-acceptance and embracing imperfections, through therapeutic interventions or self-help resources for the next year.
10. Client will actively engage in personal growth and learning opportunities, such as workshops, courses, or reading self-help books, to enhance self-esteem and build confidence, aiming for at least one educational activity every two months for the next year.
11. Client will practice positive visualization and affirmations, imagining themselves succeeding in challenging situations and repeating positive statements about their abilities and worth, at least three times a week for the next six months.
12. Client will engage in activities that promote physical well-being and body positivity, such as exercise, healthy eating, or practicing body acceptance, for a minimum of three times per week for the next six months.
13. Client will actively seek and embrace constructive feedback and constructive criticism, recognizing it as an opportunity for growth and improvement, at least once a month for the next year.
14. Client will create and maintain a gratitude journal, regularly noting down things they appreciate or are grateful for, aiming for at least three entries per week for the next six months.

Anxiety Disorders

1. Client will identify at least three individual triggers of anxiety and discuss these in therapy sessions over the next month.
2. Client will practice cognitive restructuring techniques on anxious thoughts at least four times a week for the next two months.
3. Client will learn and implement relaxation techniques such as deep breathing, progressive muscle relaxation, or mindfulness exercises at least three times a week for the next three months.
4. Client will develop and maintain a consistent sleep routine, aiming for seven to eight hours of quality sleep per night, for the next four months.
5. Client will gradually expose themselves to anxiety-provoking situations, starting with mildly distressing situations and gradually progressing to more challenging ones, at least once a week for the next six months.
6. Client will establish and maintain a support system by actively participating in a support group or seeking out individuals who have successfully managed their anxiety disorder, attending meetings or sessions at least twice a month for the next year.
7. Client will regularly engage in physical exercise or activities that promote relaxation and stress reduction, such as yoga, swimming, or hiking, for a minimum of three times per week for the next six months.
8. Client will work with the therapist to develop a personalized anxiety management plan, including coping strategies and tools, to implement in daily life, and review and update it every three months for the next year.
9. Client will practice self-care activities and engage in pleasurable hobbies or interests outside of therapy sessions, aiming for at least two hours per week, for the next three months.
10. Client will monitor and track their progress and symptoms using a journal or a digital tool, reporting any significant changes or patterns during therapy sessions, for the next year.
11. Client will engage in regular self-reflection and journaling to explore underlying thoughts, emotions, and patterns related to their anxiety, aiming for at least three times a week for the next six months.
12. Client will actively challenge and replace irrational or negative thoughts with more realistic and positive ones through thought-stopping or reframing techniques, practicing at least four times a week for the next three months.
13. Client will identify and establish healthy boundaries in relationships, learning to assertively communicate their needs and limits, and practice implementing these boundaries at least once a week for the next six months.
14. Client will develop a crisis management plan in collaboration with the therapist, including coping strategies and emergency contacts, to manage acute anxiety episodes, and review and update it every three months for the next year.
15. Client will explore and address any underlying emotional or psychological trauma contributing to their anxiety through trauma-focused therapy or specific trauma interventions, attending relevant therapy sessions or seeking specialized care as needed for the next year.

16. Client will practice self-compassion and self-acceptance, engaging in self-care activities that promote self-nurturing, self-soothing, and self-kindness, for at least two hours per week for the next six months.

17. Client will learn and practice effective time management and stress reduction techniques, including prioritization, setting realistic goals, and incorporating relaxation breaks, aiming to reduce stress levels and improve overall well-being for the next four months.

18. Client will explore and implement healthy coping mechanisms and alternatives to avoidant behaviors, such as seeking social support, engaging in problem-solving, or using positive distractions, at least once a week for the next six months.

19. Client will identify and challenge perfectionistic tendencies, setting realistic expectations and embracing imperfections, practicing self-acceptance and self-forgiveness, for the next year.

20. Client will celebrate and acknowledge their progress and achievements in managing anxiety, recognizing personal growth and resilience, and incorporating self-praise or rewards as a form of positive reinforcement throughout the treatment process.

Depressive Disorders

1. Client will engage in at least one new activity that they used to enjoy, at least once a week for the next six weeks.

2. Client will journal about mood, identifying three positive aspects of their day, every evening for the next month.

3. Client will establish and maintain a consistent sleep routine, aiming for seven to eight hours of quality sleep per night, for the next three months.

4. Client will practice mindfulness or meditation exercises for at least 10 minutes a day, five days a week, for the next two months.

5. Client will identify and challenge negative thought patterns or cognitive distortions through cognitive restructuring techniques, practicing at least three times a week for the next three months.

6. Client will engage in regular physical exercise or activities that promote well-being, such as walking, jogging, or yoga, for a minimum of three times per week for the next six months.

7. Client will establish a support system by reaching out to friends, family, or support groups, and actively participating in social activities at least twice a month for the next year.

8. Client will work with the therapist to develop and implement a personalized self-care plan, including activities that promote relaxation and self-soothing, and review and update it every three months for the next year.

9. Client will explore and address any underlying issues contributing to their depressive symptoms through individual therapy sessions, attending regular sessions for the next six months.

10. Client will monitor their mood fluctuations and changes in depressive symptoms using a mood tracker or journal, reporting any significant shifts during therapy sessions, for the next year.

20. Client will celebrate and acknowledge their progress and achievements in managing mood fluctuations, recognizing personal growth and resilience, and incorporating self-praise or rewards as a form of positive reinforcement throughout the treatment process.

PTSD and Trauma-Related Disorders

1. Client will identify and describe three trauma-related triggers in therapy sessions over the next month.
2. Client will apply grounding techniques when experiencing flashbacks, aiming to reduce their frequency over the next three months.
3. Client will engage in trauma-focused therapy sessions to process and address the traumatic experiences, attending regular sessions for the next six months.
4. Client will practice relaxation and stress reduction techniques, such as deep breathing exercises or guided imagery, at least three times a week for the next three months.
5. Client will gradually expose themselves to trauma reminders or situations that evoke distress, starting with less triggering stimuli and gradually progressing to more challenging ones, at least once a week for the next six months.
6. Client will develop and maintain a consistent sleep routine, aiming for seven to eight hours of quality sleep per night, for the next four months.
7. Client will actively engage in self-care activities that promote emotional well-being, such as engaging in hobbies, practicing self-compassion, or seeking out positive social interactions, for a minimum of two hours per week for the next six months.
8. Client will work with the therapist to develop a safety plan to manage potential triggers or overwhelming emotions, including identifying coping strategies and support networks, and review and update it every three months for the next year.
9. Client will explore and address any comorbid conditions, such as anxiety or depression, through integrated treatment approaches, attending relevant therapy sessions or seeking specialized care as needed for the next year.
10. Client will monitor their symptoms and emotional responses using a mood or symptom tracker, reporting any significant changes or patterns during therapy sessions, for the next year.
11. Client will engage in regular self-reflection and journaling to explore and process their emotions and thoughts related to the traumatic experiences, aiming for at least three times a week for the next six months.
12. Client will practice self-compassion and self-care, incorporating self-soothing activities, self-nurturing practices, and positive affirmations into their daily routine, for at least two hours per week for the next six months.
13. Client will learn and practice grounding techniques, such as sensory grounding or grounding through body awareness, in their daily life to manage dissociation or feelings of being overwhelmed, at least three times a week for the next six months.
14. Client will participate in activities that promote safety and empowerment, such as self-defense classes or assertiveness training, at least once a month for the next year.

9. Client will educate themselves about the effects of substance use, its impact on their physical and mental health, and explore healthier alternatives to cope with stress and emotions, engaging in educational materials or workshops at least once a month for the next year.
10. Client will regularly track their progress in recovery, including days of abstinence, milestones achieved, and challenges faced, using a recovery app or journal, and discuss the insights gained during therapy sessions, for the next year.
11. Client will practice self-compassion and forgiveness, acknowledging that setbacks are a part of the recovery process and being kind and understanding towards themselves when facing challenges, for at least three times a week for the next six months.
12. Client will engage in activities that promote self-discovery and personal growth, such as exploring new interests, learning new skills, or pursuing educational opportunities, for at least two hours per week for the next year.
13. Client will actively seek out and participate in aftercare programs or alumni support groups to maintain ongoing support and connection in their recovery journey, attending meetings or sessions at least once a month for the next year.
14. Client will work with the therapist to address any co-occurring mental health conditions that may impact their substance use, participating in integrated treatment approaches or seeking specialized care as needed for the next year.
15. Client will develop and implement strategies for managing stress and building resilience, such as practicing mindfulness, engaging in relaxation exercises, or utilizing healthy coping mechanisms, for at least three times a week for the next six months.
16. Client will explore and establish healthy relationships and boundaries, surrounding themselves with supportive individuals who are also committed to sobriety, and minimizing contact with people who enable substance use, for the next year.
17. Client will develop and implement strategies for managing cravings and triggers, such as distraction techniques, self-talk exercises, or engaging in alternative rewarding activities, practicing at least once a week for the next six months.
18. Client will actively engage in activities that promote physical well-being, such as healthy eating, regular exercise, and adequate sleep, aiming for balanced and nurturing lifestyle choices for the next year.
19. Client will create a crisis management plan in collaboration with the therapist, including emergency contacts, coping strategies, and steps to take in case of relapse, and review and update it every three months for the next year.
20. Client will celebrate and acknowledge their progress in recovery, recognizing personal growth, milestones achieved, and resilience, and incorporating self-praise or rewards as a form of positive reinforcement throughout the treatment process.

Personality Disorders

1. Client will practice mindfulness techniques for 10 minutes daily for the next six weeks to manage impulsive behaviors.
2. Client will role-play new interpersonal strategies in therapy, practicing at least one strategy per week in real life over the next month.