

# GOALS OF COUNSELING

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**PROBLEM AREAS/GOALS****STEP-BY-STEP STRATEGY****TIME FRAME**

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1. In the area of drinking/  
sobriety I would like:

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2. In the area of job / educational  
progress I would like:

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3. In the area of money  
management/ finances I would like:

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4. In the area of social life  
I would like:

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5. In the area of personal  
habits I would like:

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6. In the area of marriage / family  
relationships I would like:

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7. In the area of legal issues  
I would like:

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8. In the area of emotional life  
I would like:

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9. In the area of communication  
I would like:

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10. In the area of overall  
happiness I would like:

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