

Therapy Session and Goals

ABUSE/NEGLECT

GOAL: Explore and resolve issues relating to history of abuse, neglect, or victimization.

- ☐ Share the details of the abuse/neglect with the therapist as able to do so
- ☐ Learn about typical long-term effects of traumatic life experiences
- ☐ Develop two strategies to help cope with stressful reminders or memories

ALCOHOL/DRUGS AND OTHER ADDICTIONS

GOAL: Be free of drug/alcohol use/abuse

- ☐ Avoid people, places, and situations where temptation might be overwhelming
- ☐ Explore dynamics relating to being the (child/husband/wife) of an addict and discuss them each week at support group meetings
- ☐ Learn five triggers for alcohol and drug use
- ☐ Reach _____ days/months/years of clean and sober living

ADOPTION/FOSTER CARE PLACEMENT

GOAL: Explore and resolve issues related to adoption/out-of-home placement

- ☐ Discuss concerns related to adoptive and/or biological parents
- ☐ Talk about his/her wishes with regard to permanency planning

ANGER

GOAL: Increase and practice ability to manage anger

- ☐ Walk away from situations that trigger strong emotions (100%)
- ☐ Be free of tantrums/explosive episodes
- ☐ Learn two positive anger management skills
- ☐ Learn three ways to communicate verbally when angry
- ☐ Be able to express anger in a productive manner without destroying property or personal belongings
- ☐ Be able to express anger without yelling and using foul language
- ☐ Explore and resolve conflict with _____ (list triggers)
- ☐ Get through an entire day without an angry mood swing (or breaking/punching...)
- ☐ Get through a whole week without fighting with _____
- ☐ Take a time-out when things get upsetting

ANXIETY

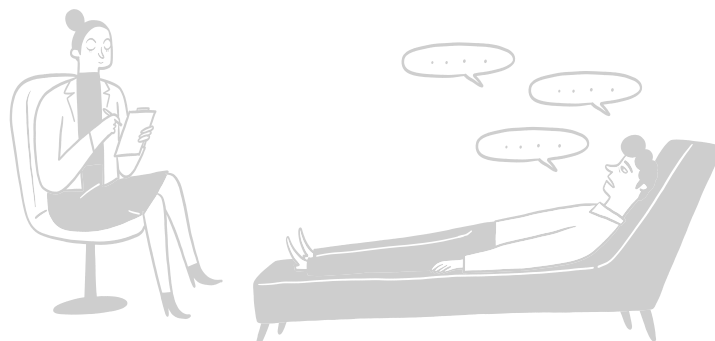
GOAL: Develop strategies to reduce symptoms, or reduce anxiety and improve skills

- ☐ Be free of panic episodes (100%)
- ☐ Recognize and plan for top five anxiety-provoking situations
- ☐ Learn two new ways of coping with routine stressors
- ☐ Report feeling more positive about self and abilities during therapy sessions
- ☐ Develop strategies for thought distraction when fixating on the future

BEHAVIOR PROBLEMS

GOAL: Improve overall behavior (and attitude/mood), or maintain positive behavior (and attitude/mood)

- ☐ Be free of _____ behavior
- ☐ Develop a reward system to address _____ (target problem)
- ☐ Learn two ways to manage frustration in a positive manner
- ☐ Stay free of fights
- ☐ Stay free of drug and alcohol use and abuse (100%)
- ☐ Be free of violent behavior
- ☐ Be able to keep hands and feet to self
- ☐ Share two positive experiences each week in which _____ is proud of how he/she has behaved
- ☐ Be free of threats to self and others
- ☐ Complete daily tasks (e.g. chores, pet care, self-care, etc.)
- ☐ Admit and accept personal responsibility for own actions/behavior
- ☐ Be free of any behavior that could result in loss of _____
- ☐ Be able to express anger in a productive manner
- ☐ Comply with all aspects of _____ and avoid behavior that could violate
- ☐ Get through a whole week without _____



Therapy Session and Goals

Practical strategies to challenge and reframe distorted thinking patterns

SELF-ESTEEM AND CONFIDENCE

GOAL: Build healthy self-esteem and positive image

- ☐ Identify three personal strengths or talents
- ☐ Practice one positive affirmation daily for a week
- ☐ Learn two strategies to challenge negative self-talk
- ☐ Share one thing you like about yourself in each session

COMMUNICATION SKILLS

GOAL: Enhance communication and relationship-building skills

- ☐ Practice using "I feel" statements instead of blaming language
- ☐ Learn one new listening technique
- ☐ Role play a difficult conversation in therapy
- ☐ Write down two things you can do when you
- ☐ Practice asking for help when you need it
- ☐ Learn to differentiate between controllable and uncontrollable worries

EMOTIONAL REGULATION

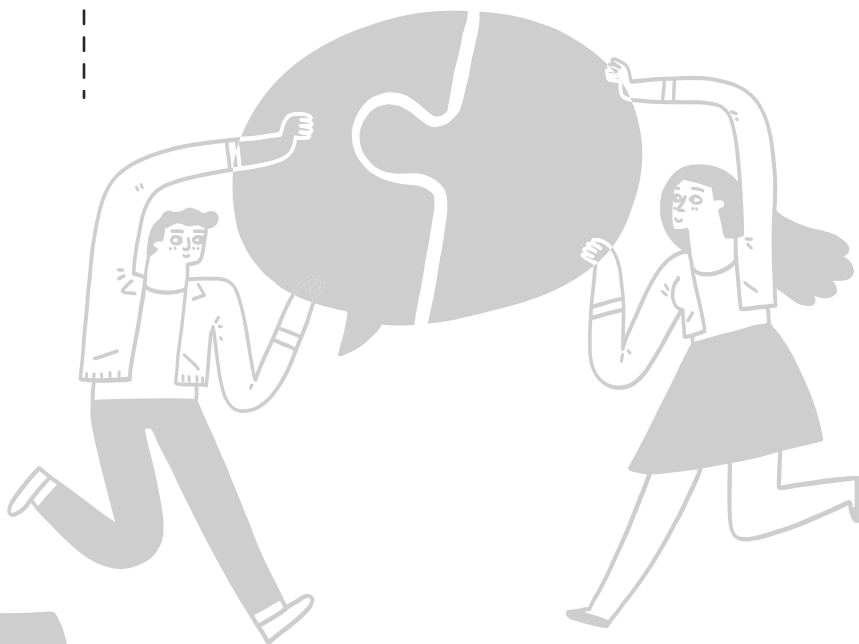
GOAL: Improve communication and relationship-building

- ☐ Identify one boundary you'd like to strengthen
- ☐ Practice saying "no" in a safe setting
- ☐ Write down situations where you felt your boundaries were challenged
- ☐ Discuss ways to handle conflict respectfully

BOUNDARIES & RELATIONSHIPS

GOAL: Learn positive ways to handle daily stressors

- ☐ Identify three stress triggers in your life
- ☐ Practice one relaxation technique each day
- ☐ Write down three things you can do when feeling stressed
- ☐ Share one situation where you successfully managed stress



SELF-ESTEEM AND CONFIDENCE

- ☐ Acknowledge and appreciate own strengths and accomplishments
- ☐ Replace self-critical thoughts with affirming and encouraging thoughts
- ☐ Identify and challenge negative beliefs about self-worth
- ☐ Engage in activities that build sense of competence and self-respect
- ☐ Set and maintain healthy personal boundaries

STRESS MANAGEMENT

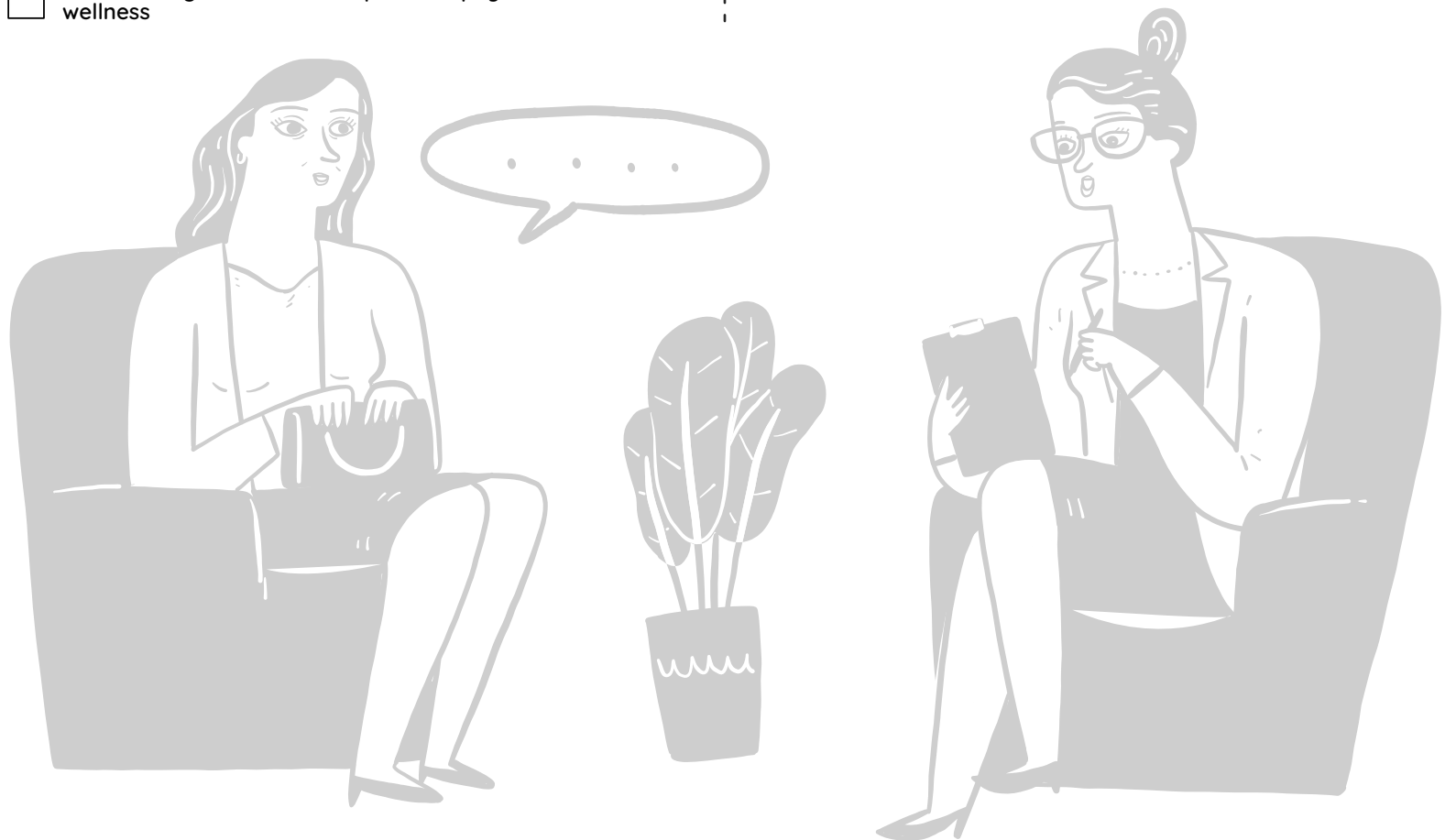
- ☐ Recognize and understand common signs of stress
- ☐ Learn and practice relaxation techniques for relieving
- ☐ Develop better strategies to manage stress in healthy ways
- ☐ Establish regular habits that promote physical and mental wellness

RELATIONSHIPS AND COMMUNICATION

- ☐ Express and assert needs, wants, and emotion effectively
- ☐ Strengthen listening skills and ability to empathize with others
- ☐ Increase comfort with being open and vulnerable in relationships
- ☐ Work to repair and resolve conflicts in relationships
- ☐ Engage in social activities that foster connections and mutual support

PERSONAL GROWTH & FUTURE GOALS

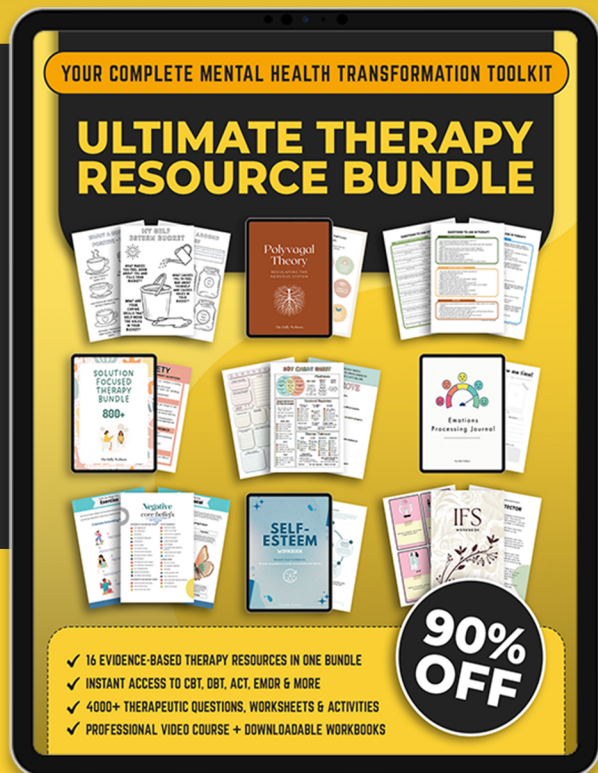
- ☐ Explore values, interests, and personal strengths
- ☐ Develop a vision for creating a meaningful, fulfilling future
- ☐ Set realistic, achievable goals to pursue



WHAT IF REAL HEALING IS SIMPLER THAN YOU THINK?

TRANSFORM YOUR MENTAL HEALTH WITH THIS ULTIMATE THERAPY BUNDLE—EVIDENCE-BASED TOOLS AVAILABLE FOR A LIMITED TIME





Your struggles aren't permanent—they're treatable. This comprehensive digital bundle combines neuroscience-backed techniques with practical healing tools to help you understand your mind, process emotions, and build lasting resilience.



WHAT'S INSIDE

- **16 Evidence-Based Modules** covering CBT, mindfulness, EMDR principles & more
- **4000+ pages** of therapeutic worksheets, exercises & assessment tools
- **Trauma-Informed Healing Guides** for anxiety, depression & relationship patterns
- **Mind-Body Integration Tools:** movement therapy guides & nutritional healing plans
- **Bonus Resources:** Daily coping cards, boundary scripts & crisis management plans

KEY BENEFITS

-  **Rewire negative thought patterns** using proven neuroscience
-  **Heal trauma responses** with gentle, evidence-based techniques
-  **Build emotional resilience** that lasts beyond crisis moments
-  **Lifetime access**—use these tools whenever you need support

REAL TRANSFORMATIONS



“I've spent thousands on therapy. This bundle gave me tools my therapist never mentioned. Life-changing.”
— Sarah L., Verified Buyer

“As a mental health professional, I'm impressed by the depth and clinical accuracy. I recommend this to all my clients.”
— Dr. James R., Licensed Therapist

WHY THIS MATTERS NOW

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- Only 200 spots remaining at our special 90% Discount
- Offer expires in **72 hours**—no extensions



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