

CBT for Depression Goals Worksheet

My goals for this treatment are (consider areas of my life in which I would like to see improvement such as school/work, family, friends, leisure time):

1. _____

2. _____

3. _____

4. _____

5. _____

Circle the goal which you consider to be the most important for you to work on.

The ways I know I will have improved in these areas or achieved my goals are (think behaviors, actions, and changes that can be seen in the next several months):

1. _____

2. _____

3. _____

4. _____

5. _____