**My DBT Goals**

![MC900020798[1]]()

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Agreement Dates: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. To have a life worth living!
2. Reduce suffering and Increase feelings of happiness and satisfaction.
3. To reduce and eliminate the following self-harm behaviors (cutting, nail biting, drinking, etc.) and behaviors that interfere with my quality of life (i.e. fighting with others, avoiding, etc.):

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1. Behaviors or patterns I want to increase:

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1. My ultimate goals (What do I want in life?):

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 Client: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Therapist: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_