

Goal-Setting Homework

Name _____

Please take some time to consider and respond to the following questions. In your responses, please be as specific and concrete as possible. Do not discuss with your partner. We will use these in our next session to help establish goals for you and for our work together. Thank you!

What type of relationship do you want to create?

Who do you want to be as a partner in this relationship?

What do you want to learn or understand about yourself or your relationship?

What do you want to stop doing?

What do you want to start doing instead?

What is most urgent for you regarding your relationship?