PRACTICAL RESOURCE

What Would Better Actually Look Like?

A therapy goal-setting sheet for turning 'I want to feel better' into changes you can recognise in everyday life.

Move from 'I want to feel better' to something observable
Feelings matter, but progress is often easier to notice when it shows up in ordinary life. This sheet helps turn a broad therapy goal into signs you can actually recognise.

What do I want less of?

Examples: avoiding, checking, arguing, overthinking, cancelling, monitoring, procrastinating, apologising, withdrawing.

What do I want more of?

Examples: travelling, sleeping, speaking up, deciding, connecting, concentrating, dating, creating, resting, going out.

If things were 20% better...

What would I be doing differently on an ordinary Tuesday?

What would somebody close to me notice?

What situation would become easier?

What would I stop organising my life around?

What would I do even if some discomfort remained?

My best working goal

Complete: **I would know therapy was helping if I were increasingly able to...**

Progress is not always dramatic
Look for changes in choice, behaviour, recovery time, flexibility and how much of your life the problem occupies - not only whether the feeling disappears completely.