## Topics Discussed In Session And Progress Noted

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

Session Date:							
Go	al1: I will talk about the problems which	are stressing	me and tha	t I want to c	hange.		
Go	al2: I will work on internal conflicts which	n are resultin	g in stress a	nd stopping	me from cha	anging.	
Goal3: I will work on sources of stress which are not from internal conflicts.							
G o a I	Life Problem Issues, Concerns, Topics Discussed in Therapy	Drop Goal Of Changing It	Feel Worse about It, Change Approach	Feel Worse About It, Keep Same Approach But Try Harder	No Change Observed	Feel Better About It, But More Change Needed	Feel Better About It, No More Change Needed