



Sample Goal Sheet and Coping Strategies Form

Patient's Name: _____ Date: _____

3-MONTH GOALS

- 1 _____

- 2 _____

- 3 _____

6-MONTH GOALS

- 1 _____

- 2 _____

- 3 _____

1-YEAR GOALS

- 1 _____

- 2 _____

- 3 _____

List of Triggers to Using Drugs

People To Stay Away From

Places To Stay Away From

Ways To Cope or Manage Stress Without Using Drugs

M. Lofwall, February 27, 2017 (personal communication). Adapted with permission.