



## Goal Sheet and Coping Strategies Form

Goals are things you would like to accomplish.

Patient's Name: \_\_\_\_\_ Date: \_\_\_\_\_

### 3-MONTH GOALS

- 1 \_\_\_\_\_  
\_\_\_\_\_
- 2 \_\_\_\_\_  
\_\_\_\_\_
- 3 \_\_\_\_\_  
\_\_\_\_\_

### 6-MONTH GOALS

- 1 \_\_\_\_\_  
\_\_\_\_\_
- 2 \_\_\_\_\_  
\_\_\_\_\_
- 3 \_\_\_\_\_  
\_\_\_\_\_

### 1-YEAR GOALS

- 1 \_\_\_\_\_  
\_\_\_\_\_
- 2 \_\_\_\_\_  
\_\_\_\_\_
- 3 \_\_\_\_\_  
\_\_\_\_\_

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List of Triggers to Using Drugs

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People To Stay Away From

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Places To Stay Away From

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Ways To Cope or Manage Stress Without Using Drugs

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