

**Initial Worksheet for goals and target behaviors to be added as addendum to treatment plan:**

What behaviors do you do when you get upset or dysregulated that in the moment may help you to feel a little better but actually in the long run cause more problems? Some examples for emotions are as follows:

**Anxiety or Fear:** Avoiding, procrastinating, ruminating, worry thoughts, getting angry and acting on the anger, substance use/abuse, overeating, bingeing, restricting, suicidal thoughts or behavior.

**Anger:** Yelling, hitting, throwing things, avoiding, ruminating, substance use/abuse, overeating, bingeing, restricting, suicidal thoughts or behavior.

**Shame:** Isolating, avoiding, substance use/abuse, overeating, bingeing, restricting, suicidal thoughts or behavior.

**Sad:** Isolating, avoiding, getting immobilized and not doing daily activities, substance use/abuse, overeating, bingeing, restricting, suicidal thoughts or behavior.

Please list behaviors that you would like to work on through using skills so that you would do them less frequently or eliminate them over the next 9 weeks:

Behavior	How often do you do this behavior now per week	What is a reasonable goal to decrease this behavior to per week
1. _____	___x/week	___x/week
2. _____	___x/week	___x/week
3. _____	___x/week	___x/week
4. _____	___x/week	___x/week
5. _____	___x/week	___x/week
6. _____	___x/week	___x/week
7. _____	___x/week	___x/week

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Date