Name: April Smith Date: 6/6/2017 Problem #: 1

My counselor and I agree that the problem/goal I need to work on is:

Being able to discuss my relationship with alcohol and marijuana

We have identified the following as a strength I have that can help me work on this problem/goal. Strength: My love for my children

Goal: Be able to share honestly with myself, my counselor, and eventually with my treatment group my relationship with substance use, how it helps me and any consequences I have experienced with its use.

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| Date Added | Steps to Complete Goal | | Completion Target Date | Date Completed |
| 6/6 | 1. Start journaling about my substance use | | 7/6/17 |  |
| 6/6 | 2. Share with group that I am journaling about my use | | 6/13/17 |  |
| 6/6 | 3. Share something personal about me with the group | | 6/20/17 |  |
| 6/6 | 4. Attend 12 step meeting and share a personal story with the group | | 6/27/17 |  |
|  | 5. | |  |  |
|  | | | | |
| Intervention(s): | | Assigned journaling homework | | |
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**Participant’s Signature: April Smith Date: 6/6/2017**

**Counselor Signature:** Donna Wells MA, CDP **Date: 6/6/2017**

Reviewed: Date: Reviewed: Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Reviewed: Date: Reviewed: Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_