



Menu of sample dreams

aging

I am going to continue excersicing and staying fit into my 70's, 80's, and 90's.

work

I'd like to love what I do and make enough to live comfortably.

relationships

To meet someone who loves me no matter what, knows my shortcomings, and forgives me, someone I can love back the same way, someone who appreciates me.

To spend time every week doing something with friends just for the fun of it.

love

I am loving/loved without limits.

mental health

spiritual

physical health

social relevance

Material

House, geographical location, city or country, car, x-box, computer, games

academic performance

To make a reasonable effort and make the grades I need to do what I want. (which is?) (Watch out for try my best, or try your best- if you have someone who thinks like me, and some of the people I see- this creates a terrible dilemna. How do you know when it was your best or what that is? You can always look back and say you could have tried harder, worked longer, so how do you know when to let yourself off the hook? My Dad always told me that, and I thought about it... if I am running track and I try my best... well, I would be dead at the end, right? Because if I was still alive I didn't give it everything I have.

Special Interest Achievement

State of Mind

Obstacles to overcome

Fantasies



When your counselee perceives you as helping them clarify their dreams and making them come true, you form a therapeutic alliance, an influential and mutually beneficial relationship

After the some goals have been written come back to them and try writing them in the present tense instead of future. There's a trap in the semantics of "I wish..." which might create "I will be happy when..." or "I don't" or "I'm not." For example, I will be happy when I have a lot of money, I don't do my best in school, I'm not excersizing and staying in shape.

For example, here are some goals I wrote, and then my re-writes:

To believe I'm successful. I believe I'm successful.

To find the will of God. I am discovering God's will. God's will is.

I do not have to work really hard to get barely enough. I am give everything I need by doing the right work.