

Table 2.2 Establishing Well-Developed Goals

<i>Guidelines</i>	<i>Language</i>
State the goal in positive (rather than negative) terms as the presence of a behavior or the start of something.	If you were not getting upset, what would you be doing instead? When you stop fighting with your parents, what will you start doing in place of fighting?
Using the client's jargon or choice of words, describe the goal in concrete, detailed, behavioral terms (expressed in terms of what the client will be doing).	When you are being mellow, what will you be doing to show that you are mellow? What will you be doing to show that you are getting along with your parents?
Identify steps that show how the client will be making progress toward the goal.	How will you do that? How will you make that happen? How will you manage to pull that off?