

Monitoring Problem Severity & Goal Achievement

Over the course of sessions / weeks, use this record form to rate the severity of your problem and how close you are to achieving your goal.

Using this record form, identify one of the main problems you'd like to work on. In the first Table, write a specific statement of the problem that includes the problem situation or event and the impact on your feelings and behaviour – for example: *Feeling so anxious about social situations that I now avoid going to shops, restaurants or visiting friends.*

Description of Problem: <i>write out a problem statement that clearly and specifically describes the problem</i>								
Session No.	Assessment							
Date								
Client Rating								
Practitioner Rating								

Rate the severity of your problem: 0 – 10 (0 = no distress / no impairment of functioning; 10 = extreme distress / unable to function)

In the second Table, write down the goal that you would like to achieve, specifying how you would like things to be different in terms of your feelings and behaviour – for example: *To go to the supermarket two times each week, for at least an hour on each occasion; To go to a restaurant with my partner on one evening each week.*

Goal (related to problem): <i>write out a goal statement that is specific, positive, observable, realistic & timed</i>								
Session No.	Assessment							
Date								
Client Rating								
Practitioner Rating								

Rate how close you are to achieving your goal: 0 – 10 (0 = no progress whatsoever; 10 = goal completely achieved and sustained consistently)