



Questions to Identify Goals

APSS CC 5 Establishing Recovery Goals

When it comes to setting goals, the client is responsible for picking their goals, but you can assist them by asking the right questions to get them thinking about their life differently. See some examples below of questions to ask.

Starter Questions to Help Someone Identify Goals:

1. What does a successful outcome look and feel like for you?
2. What would your life look like if you accomplished your goals?
3. What do you ultimately want to achieve?
4. What is the bug picture for you?
5. Where do you want to get? What steps will you take to get there?
6. If you could wave a magic wand and change that part of your life into whatever you want it to be, what would that look like?
7. If you were not diagnosed with a behavioral health diagnosis, what would you be doing that you cannot now?
8. What would a perfect day look like for you?
9. How do you see relationships with your family improving? What about your friends?
10. What health goals would you like to accomplish?
11. What are some hobbies or activities you enjoyed in the past? Which ones are you wanting to try in the future?
12. What would you like to explore for a career? What is needed to get you there?
13. How will you practice spirituality or mindfulness during this?
14. What does a typical day look like now, and how do you want one to look?
15. What will self-care look like for you?

Questions to get more specific:

1. What areas of your life or situation are you pleased with or feel good about?
2. What areas of your life or situation are you not pleased with or don't feel good about?
3. Are there any areas of your life you are willing to deal with?
4. What relationships will be a priority for you to repair? And how will you go about it?
5. Are there legal or financial issues that need to be addressed soon?
6. What are specific ways you would like to improve your mental and emotional well-being?