

GOALS

The purpose of completing the Happiness Scale and the Goals of Counseling is to help you decide what areas of your life you will need to focus on improving during treatment and the steps you will take to make those changes.

These forms are designed to help you build a plan of action. Facing problems can seem unbearable, but if you take a serious look at your situation, then follow this step-by-step system, you may find that things are not as difficult as they may appear.

First, we encourage you to fill out the Happiness Scale according to the directions. Then you will choose two or three categories that you would like to focus on improving during the time that you are in treatment. Typically, you will focus on categories that you assign a rating of 4 to 7. Choosing categories with these ratings allows you to see the most progress within the time that you are in treatment.

After you have chosen your two or three categories to work on, we encourage you to identify how you will work on those areas using the Goals of Counseling form.

For example, if your goal is to stay clean from using marijuana while on probation, a step-by-step strategy might be: to attend at least four NA meetings per week, to complete the NA Step One in a month, and to get an NA sponsor in a month.

Another example might be, if your goal is to participate in one new non-substance using social activity each week, a step-by-step strategy might be: to look through the newspaper two times per week and circle interesting activities that are drug and alcohol free, and to call a friend and invite him/her to one of the activities, making specific plans to attend.

HAPPINESS SCALE (Meyers & Smith, 2000)

This scale is intended to estimate your *current* happiness with your life in each of the ten areas listed below. Ask yourself the following question as you rate each area:

How happy am I with this area of my life?

You are to circle one of the numbers (1-10) beside each area.

Numbers toward the left indicate various degrees of unhappiness, while numbers toward the right reflect various levels of happiness.

In other words, state according to the numerical scale (1-10), exactly how you feel today.

Remember: Try to exclude all feelings of yesterday and concentrate only on the feelings of today in each of the life areas. Also, try not to allow one category to influence the results of the other categories.

	Completely Unhappy					Completely Happy				
Alcohol/Drug use	1	2	3	4	5	6	7	8	9	10
Job or Educational Progress	1	2	3	4	5	6	7	8	9	10
Money Management	1	2	3	4	5	6	7	8	9	10
Social Life	1	2	3	4	5	6	7	8	9	10
Personal Habits	1	2	3	4	5	6	7	8	9	10
Marriage/Family Relationships	1	2	3	4	5	6	7	8	9	10
Legal Issues	1	2	3	4	5	6	7	8	9	10
Emotional Life	1	2	3	4	5	6	7	8	9	10
Communication	1	2	3	4	5	6	7	8	9	10
Spirituality	1	2	3	4	5	6	7	8	9	10
General Happiness	1	2	3	4	5	6	7	8	9	10

Goals of Counseling

Meyers & Smith (2006)

<u>Problem Areas / Goals</u>	<u>Step-by-Step Strategy</u>	<u>Time Frame</u>
1) In the area of drinking/sobriety, I would like:		
2) In the area of job/educational progress, I would like:		
3) In the area of money management/finances, I would like:		

Problem Areas / Goals	Step-by-Step Strategy	Time Frame
4) In the area of my social life, I would like:		
5) In the area of personal habits, I would like:		
6) In the area of marriage/family relationships, I would like:		

Problem Areas / Goals	Step-by-Step Strategy	Time Frame
7) In the area of legal issues, I would like:		
8) In the area of my emotional life, I would like:		
9) In the area of communication, I would like:		

Problem Areas / Goals	Step-by-Step Strategy	Time Frame
10) In the area of spirituality, I would like:		
11) In the area of general happiness, I would like:		