What does the client describe as the main problem(s)?

What does the client want from therapy/coaching?
    Emotional Goals: What thoughts, images, feelings, emotions, sensations, memories, urges, would he like to have less of? *(*NB: We convert these to behavioural goals with the reframe: "So we'll be learning new skills to handle these difficult thoughts and feelings more effectively, so they have less impact and influence over you" *)*

    Behavioural Goals: What would the client like to stop/start; do more/less of? How would he like to treat himself, others, the world, differently? What goals would she like to pursue? What activities/skills would she like to start, resume, develop? What people, places, events, activities, challenges, would he like to approach rather than avoid? What relationships does she want to improve, and how? What life problems does he want to solve?

EXTERNAL BARRIERS. Are there any external barriers (as opposed to psychological barriers) to a rich and full life - e.g. legal, social, medical, financial, occupational problems that require problem solving and/or skills training?

UNWORKABLE ACTION
What is the client doing that makes life worse, or keeps her stuck, worsens problems, inhibits growth, prevents healthy solutions, impairs health, damages relationships etc? (What would we see and/or hear on a video?)

What IMPORTANT or MEANINGFUL people, places, events, activities, situations, goals, problems and challenges is the client avoiding or escaping (e.g. withdrawing from, quitting, procrastinating, giving up on, or staying away from)?

FUSION: (Include examples of specific thoughts, as well as of processes such as 'worrying', etc.)
PAST & FUTURE: (rumination, worrying, fantasizing, blaming, predicting the worst, reliving old hurts, idealizing the past or the future, flashbacks, 'if only …', why did it happen?, catastrophizing, resentment, regrets etc.)

SELF-DESCRIPTION: (self-judgments, self-limiting ideas about 'who I am' or 'what I can and can't do', self-labels)

REASONS: (reasons the client gives for why she can't, won't or shouldn't change, or why his life can't be improved)

RULES: (about how myself, others, life should be: look for key words such as: 'should', 'have to', 'must', 'ought', 'right', 'wrong', 'always', 'never', 'can't because', 'won't until', 'shouldn't unless' etc.)

JUDGMENTS: (mostly these will be negative, but sometimes positive; may be about anyone or anything: other people, oneself, one's job, one's body, one's thoughts and feelings, the past, the future, or even life itself)

OTHER:

EXPERIENTIAL AVOIDANCE: (Private experiences the client is trying to avoid, get rid of, or is unwilling to have)
THOUGHTS, IMAGES, MEMORIES, EMOTIONS, FEELINGS, SENSATIONS, URGES, CRAVINGS, WITHDRAWAL SYMPTOMS:

LOSS OF CONTACTING THE PRESENT MOMENT:
The 4 Ds: Distractibility, Disengagement, Disconnection, Dissociation?
Deficits in ability to narrow focus, broaden focus, sustain focus, or shift focus?

VALUES & COMMITTED ACTION
IMPORTANT LIFE DOMAINS: (What life domains and what people does the client care about: e.g. work, study, health, parenting, marriage or other intimate relationship, friends, family, spirituality, community, environment)?

VALUES: (What values seem important within those domains?)

GOALS & ACTIONS: (What values-congruent goals and activities does he: a) already have; and b) want to pursue?)

NEED FOR SKILLS-TRAINING: (What important skills does the client lack or fail to use e.g. problem solving, goal setting, self-soothing, assertiveness, communication, conflict resolution, relaxation, empathy?)

RESOURCES: (What strengths, skills and other personal resources does the client already have, that could be utilized? What external resources could be accessed?)

MY PERSONAL BARRIERS: (What difficult thoughts and feelings show up for me, regarding this client?)

BRAINSTORM: What questions, exercises, worksheets, metaphors, tools, techniques and strategies can I use in the next session? What skills-training may be required? Is values-based problem-solving required for external barriers?