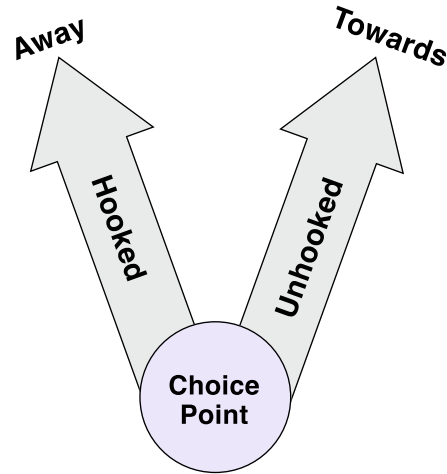


Choice Point Worksheet

Name: _____ Date: _____ Therapist: _____

Away moves
List the actions or thoughts that could lead you away from your values.



Towards moves
List the actions or thoughts that could lead you towards your values.

Feelings
What emotions did you feel during this moment?

Thoughts
What thoughts were going through your mind?

Situation
Describe the situation where you faced a choice point.

Helpers
Values: List the values that are relevant to the situation.
Goals: What are your goals in this situation?
Skills: What skills do you need to apply or develop to align with your goals?

Options	Clinician's notes and recommendations
Option 1:	Observations:
How does this choice align with your values?	
Short-term consequences:	
Long-term benefits:	
Option 2:	
How does this choice align with your values?	Recommendations:
Short-term consequences:	
Long-term benefits:	
Additional options (if any):	
	<p>Client's signature: _____ Date: _____</p> <p>Therapist's signature: _____ Date: _____</p>