

Welcome to Onward Behavioral Health!

(A part of Rehab After Work, The Light Program, Seeds of Hope, or Life Counseling Services)

Instructions: Please read the prompts below and complete, which will be reviewed with clinician.

Strengths, Needs, Abilities, or Preferences

S: Everyone has strengths like patience, education, faith, a good home, or other things they can use to help them reach their goals. Some of your strengths are....

N: No one's life is perfect and we might have needs that brought us to treatment today. We may have things in our life that make our goals harder to achieve. What barriers do you need help with? What are your needs?

A: We all have abilities or special skills or talents like writing, arts, sports, or hobbies that we are good at doing. These can make our lives better. Some of your talents or abilities are....

P: Having choices or preferences makes changing or reaching goals a little easier. Choices could include things like when or where I have my appointments or whether I am part of a group or working with counselor alone. Your choices or preferences are.....

Instructions: Below, please list 2-3 things that you would like to work on while in treatment.

1. _____

2. _____

3. _____
