

MAJOR LIFE AREAS FOR AN INDIVIDUAL OR COUPLE

Specific Focus for Needed Change / Growth / Goal Setting

Primary Relationship →

(husband/wife, parent/child, self/friend, etc.)

Children / Parenting →

(behaviors, emotions, education, conflicts, etc.)

Family of Origin (FOO) →

(mother, father, brothers, sisters, step-parents, etc.)

Extended Family (Beyond FOO) →

(GM, GF, aunts, uncle, cousins, step-siblings, etc.)

Emotions / Feelings →

(managing one's own / others, etc.)

Communication →

(understanding & being understood)

Social Life →

(individually and/or as a couple)

Sexual Relations →

(expectations, frequency, tension, etc.)

Spiritual Life →

(life-enhancing, life-hindering, etc.)

Physical Health / Wellness →

(medical, emotional, mental, physical, etc.)

Job/Work/Career →

(satisfactory, stressful, changeable, etc.)

Finances / Money →

(adequate, stressful, indebtedness, etc.)

Community Involvement →

(volunteering, isolated, time-limited, etc.)

Personal Activities / Interest →

(hobbies, sports, movies, reading, internet, etc.)

Other Items of Concern →

(obsessions-compulsions, legal matters, etc.)