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Establishing Several Maps Goals

There are many skills that practitioners may use to help clients figure out their goals by asking questions to invite clients to think about goals. As a practitioner, I would ask something such as, "When the problems that brought you here were solved, what do you want your life to be like?"• I would then explore times with the client when they did not have this problem and say, "Think of a time where this issue was not present. How did you feel and what were your thoughts at that time?" This makes the client have more hope to achieve their goals by working with me, especially if they were able to cope from problems that were already solved.

As a practitioner, I would set specific and measurable goals to assess whether goals have been achieved. For example, if our specific goals were to behave in school, I would ask the following questions, "When you behave in school, what will you be doing in school differently that you are not doing now?" "In what situations do you want to behave better in school?" If the client had several problems that they faced, I would work on one goal at a time with them. This will enhance their hope that their other goal can be achieved. For example, a client had come in feeling stressed. It seems as if the stressing had come from assignments the client had to complete. It was soon found that the problems leading to the client being stressed may have turned into worries of other assignments she had to complete as she planned out how she would do them all. After identifying all the pieces which lead to the overall problem, I would then ask the client which aspect of the problem they would like to cover first. After resolving one aspect of the problem, this will make clients feel more confident about their abilities to solve their remaining problems.

When thinking of a goal that I have such as completing my degree or completing a course, I would list all of the related goals such as completing each assignment with a particular grade. I would like to see how I did with each assignment, so I like to list all of the assignments that I completed and determine how I did on them or how I could have done better. I do not like to immediately worry about the next assignment, which will cause me to get off task with the previous assignment. By listing all of related goals of completing each assignment with a particular grade, I feel more successful and confident in myself. The advantages of setting and developing goals increases motivation and achievement. Setting goals increases my success. Although setting and developing goals is an advantage, there are also ways in which they can be disadvantages. Disadvantages of goals include pressure and missed opportunities. Giving focus on one task may mean not giving attention and effort to other tasks. Sometimes it is better to find a way to set goals that does not stress anyone.