

USING DIMENSIONS TO PLAN YOUR TREATMENT

Use these dimensions to work with your counselor and set helpful goals.

01

Physical Health Needs:

How does your health affect your recovery?

Discuss any medical problems, hospital visits or medications.

02

Emotional & Thinking Needs

How do feelings impact your needs?

Share experiences with anxiety, depression, problem solving, thinking, or remembering.

03

Readiness to Change

How ready are you to get started with treatment?

Talk about your feelings or any hesitation for recovery, and how to address any barriers.

04

Social Support & Challenges

How does your family and social life support your recovery?

Share positive support, difficult relationships, or what might cause a relapse.

05

Previous Treatment Experiences

What has (or hasn't) helped you in the past?

Talk about past helpful or unhelpful treatment experiences.

06

Triggers & Environment

What factors could put you at risk?

Talk about challenging parts of daily life, how can you increase your safety in recovery or strengthen your sobriety.

Set Goals Together:

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