



POSERSE Goal Setting

What do you want? What is important, really important to you?

A direction is important, but goals can sometimes lead to additional stress and errors; therefore, let's think about what it is that you just want instead...

Consider these questions as you think about what you want:

1. **Positive direction:** Is the goal in the positive direction? Does it describe something you want, instead of something you don't want or are trying to avoid?
 - **I want to live a life of recovery** instead of I don't want to do drugs anymore.
2. **Own part:** Is the goal something you have control and/or influence over?
 - **I want to monitor my physiological responses during arguments with my partner** instead of I want my partner to stop nagging me.
3. **Specific:** Is what you want clear? Is it specific with a time frame included? When do you want to get the things that are important to you?
 - **I want to increase my quality of life rating by 2 points in the next 6 months** instead of I want to get better.
4. **Evidence:** What evidence will you have that you have gotten what you want? What will your senses tell you when you have got it?
 - **The tension in my chest will be significantly reduced and my coherence score will be consistently above a 1.75** instead of I'll just know it.
5. **Resources:** What resources do you have and/or need to reach the goal?
6. **Size:** Is this goal the right size? Is it big enough to motivate and reward you and small enough to achieve?
7. **Ecology:** What will the effects of your change be to those around you? How does your environment fit with your desires? Are there any negative implications of you getting these wants? What will you do about them?