

# HOW TO GET THE MOST FROM THERAPY

**Therapy can be a transformative experience.** Though, in general, it requires more than just showing up to appointments once a week. To get the most out of therapy, it's important to have:

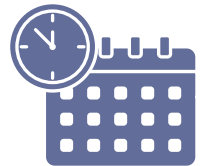
## Not Just Clear Problems, Also Clear Goals

You probably have problems you want to discuss (e.g., work-related issues, stress, worry, feeling awful, or relationships) and that's okay. However, therapy might not be as useful if we only talk about your problems. Setting clear goals is equally, if not more, important.

*"Dead Man's" Test:* Goals should not be something a person who is dead could achieve. In other words, goals should be positively framed (i.e., a behavior that can be performed). For example:

Problem	Dead Man Goal	Reframed Positive Goal
Anxiety	"Not feeling anxious."	"Practice mindfulness 5 minutes every day as a pathway toward relating differently to unwanted or unhelpful thoughts."
Depression	"Not feel so awful."	"Exercise or spend time with friends as a pathway toward living my life even when I have unwanted thoughts or feelings."

## Make A Commitment Of Time



A crucial element of getting the most out of therapy is being willing to commit time. This means dedicating a specific amount of time each week to work on your therapy goals.

Many of us, understandably, seek a quick fix for our problems, as we all want to feel better and happier as soon as possible. Growth and change require effort and dedication. It's like wanting to become physically fit without exercising or eating a healthy diet. The desire is there, but without making real changes to our lifestyle, we won't see the results we want.

## Monitor Progress Toward Goals

It's essential to actively monitor your progress toward your goals. This can involve keeping a journal, tracking your mood and energy levels, or using other tools to measure your progress (e.g., apps that monitor daily step count if goals are related to physical activity), or habit tracker apps. Behavioral monitoring is a critical aspect of meeting goals because it helps us maintain accountability and stay focused on our objectives.



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