

# PDA Profile Collaborative Goals Sheet

Reframe goals as collaborative explorations — with autonomy, curiosity, and choice at the centre.

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Clinician: \_\_\_\_\_

**Purpose:** For individuals with a PDA profile, traditional goal-setting can feel demanding and activating. This sheet reframes goals as collaborative explorations — things you are curious about, want to try, or are interested in moving toward — with full autonomy at the centre.

## WHAT MATTERS TO ME RIGHT NOW

Things I am genuinely curious about or interested in right now:

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Areas of my life where I would like things to feel different:

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Things I notice I want more of in my life:

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Things I notice I want less of in my life:

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## COLLABORATIVE EXPLORATION — NOT GOALS, JUST IDEAS

Frame each as: "I might explore..." or "I'm curious whether..." or "It could be interesting to try..."

### Exploration 1

I might explore...

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This feels manageable because...

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**I have full choice about whether/how to pursue this:**

Yes, completely  Mostly  Not quite  — I need: \_\_\_\_\_

## Exploration 2

**I might explore...**

\_\_\_\_\_

**This feels manageable because...**

\_\_\_\_\_

**I have full choice about whether/how to pursue this:**

Yes, completely  Mostly  Not quite  — I need: \_\_\_\_\_

## Exploration 3

**I might explore...**

\_\_\_\_\_

**This feels manageable because...**

\_\_\_\_\_

**I have full choice about whether/how to pursue this:**

Yes, completely  Mostly  Not quite  — I need: \_\_\_\_\_

## REFLECTION & INTEGRATION

**What would make this collaborative process feel safest for me?**

\_\_\_\_\_

\_\_\_\_\_

**What I need from my therapist or support person during this process:**

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\_\_\_\_\_

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