FORM 6.1

Focusing on Short-Term Goals

Many times we focus on how we want to feel immediately rather than what we want to accomplish over the long term. For example, you might want to lose weight, but you focus on eating that delicious cake that is right in front of you. Think about some decisions or behavior you think could be a problem for you and list that behavior in the left-hand column. In the middle column, list the short-term benefits of that behavior. In the right-hand column, list the longer-term costs.

Problematic behavior	Short-term benefits	Longer-term costs

From *Cognitive Therapy Techniques: A Practitioner's Guide, Second Edition*, by Robert L. Leahy. Copyright © 2017 The Guilford Press. Permission to photocopy this material is granted to purchasers of this book for personal use or use with individual clients (see copyright page for details).