

Therapy "Menu"

Not everyone wants the same things. But it is helpful to have an outline of what is possible right from the start.

Here are some things that people have chosen to work on in the past. Don't have to feel like you have to do all of these, nor start at any one particular place. Use this list to help you focus on what is important to you.

Time Management

- Lateness
- Procrastination
- Prioritizing
- Work Habits / Study Habits
- Work-Life Balance

Organization

- Filing and Storing
- De-Cluttering, Resisting Hoarding
- Visual Strategies for Organizing

Finances

- Overspending
- Keeping Track, Budgeting

Impulsivity

- Temper, Anger Management
- Not Following Through

Addictions

- Alcohol, Substances
- Tobacco
- Internet Addiction
- Sexual Addictions
- Soft Addictions, e.g., Television

Social Skills & Relationships

- Listening, Communicating
- Self-Esteem: Reevaluating You
- Self-Advocacy
- Negotiating with Significant Others
- Working with a World that Does Not Understand

The World of Work

- Finding the Work that Works for You
 - Knowing Your Strengths
 - Negotiating From Strengths
 - Letting Go of Proving Your Weaknesses
- Establishing Accommodations at Work (or School)
 - Formal Accommodations
 - Informal Flexible Arrangements