



## GOALS AND INTERESTS WORKSHEET

What are the five most important goals you would like to accomplish during the Parenting Facilitation Process?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Why are these goals important to you?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Putting yourself in the other parent's shoes, what are the five most important goals you believe your spouse would like to accomplish during the Parenting Facilitation Process?

1. \_\_\_\_\_
2. \_\_\_\_\_

3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Putting yourself in the other parent's shoes again, please explain why you believe these goals are important to he/she?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What are your five biggest concerns or worries about you and your children?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

For each concern or worry you listed, why are you worried or concerned?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

From the other parent's perspective, what do you believe are his or her five biggest concerns or worries?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

From the other parent's perspective, for each concern or worry you listed, why do you believe he or she is concerned or worried?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_