Therapy Goals for Adult Survivors of Childhood Trauma

Relationships
• To learn how to act appropriately in life situations
• To experience belonging
• To learn what “people pleasing” is and to develop alternative helpful behaviors
• To learn to trust and have intimate relationships
• To stop rejecting behaviors
• To experience a safe environment
• To have someone “call me” on my self-debating behaviors
• To learn to trust, love, give and receive in a balanced, healthy way
• To find out what is reasonable in relationships and in myself
• To learn to stop controlling others
• To know that I am not alone
• To have an ability to build relationships

Emotions
• To identify, experience, and accept feelings
• To learn to feel emotions
• To express feelings other than anger
• To be able to tell people how I feel about things
• To stop using humor to avoid feelings

Self-Acceptance
• To learn how to have fun
• To learn to be less judgmental of myself and others
• To let my walls down
• To understand the relationship between past experience and present attitudes
• To learn and experience forgiveness
• To become less overreactive
• To develop self-esteem
• To stop thinking 10 times before I speak
• To stop intellectualizing