## [Tool D2]Goal setting guiding questions and Chart

[downloadable word document]

These questions will help you think about what you want. They can be answered individually or as a group.

If what you’re doing is mainly focused on the goals of the person who was harmed (this is sometimes called a ‘survivor-centred’ intervention), then this might be about what they want. Others can also use this tool for themselves, and for the needs of the person who was harmed and the community.

### Guided questions

What do I want?

* For myself
* For the person who was harmed (if I am not the person harmed)
* For other important people (like children, whānau, friends, organisation)
* For the person doing harm (if I am not the person doing harm)
* For the larger community (which community?)

What do I NOT want? (Use the categories above)

What is important to me? (Values, ways that things will happen, or people.

What are my most important wants (or goals)?

Is there anything that is an absolute ‘must have’ or ‘must do’?

Is there anything that is an absolute ‘must not’?

Did I think about things like: safety, money, connections or relationships, other things that are important to me?

Do these goals fit with my values? Is there anything I would add or leave out after thinking about this?

Are some more achievable than others? Which are most achievable? Is there anything I would add or leave out after thinking about this?

Will working towards any of these goals lead to more harm (to myself, the person who was hurt, the person doing harm, or others)? Is there anything I would add or leave out after thinking about this?

What goals might be fantasies? Is there anything I would add or leave out after thinking about this?

What would I consider a success?

What goals would I consider ‘good enough’?

Can I divide these goals into long-term and short-term?

### Goal setting Chart

After answering the guided questions, write your goals in the following chart so you can easily see them and share with others. Add a star to the goals that are most important.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Goals/Wants  – or –  Don’t Want | For who? | Is this goal realistic?  Yes, maybe, no | Short-term or long-term | Anything else |
| I want:  I don’t want:  Bottom-lines (must haves/ must nots): |  |  |  |  |

Bottom-lines might be limits that you make to be involved in the intervention. They might be personal, like the amount of time you can spend. They might be about how the intervention takes place, like who is involved or if you won’t be part of anything that breaks the law. (What are limits or bottom-lines? [link to What are limits or bottom-lines?]).