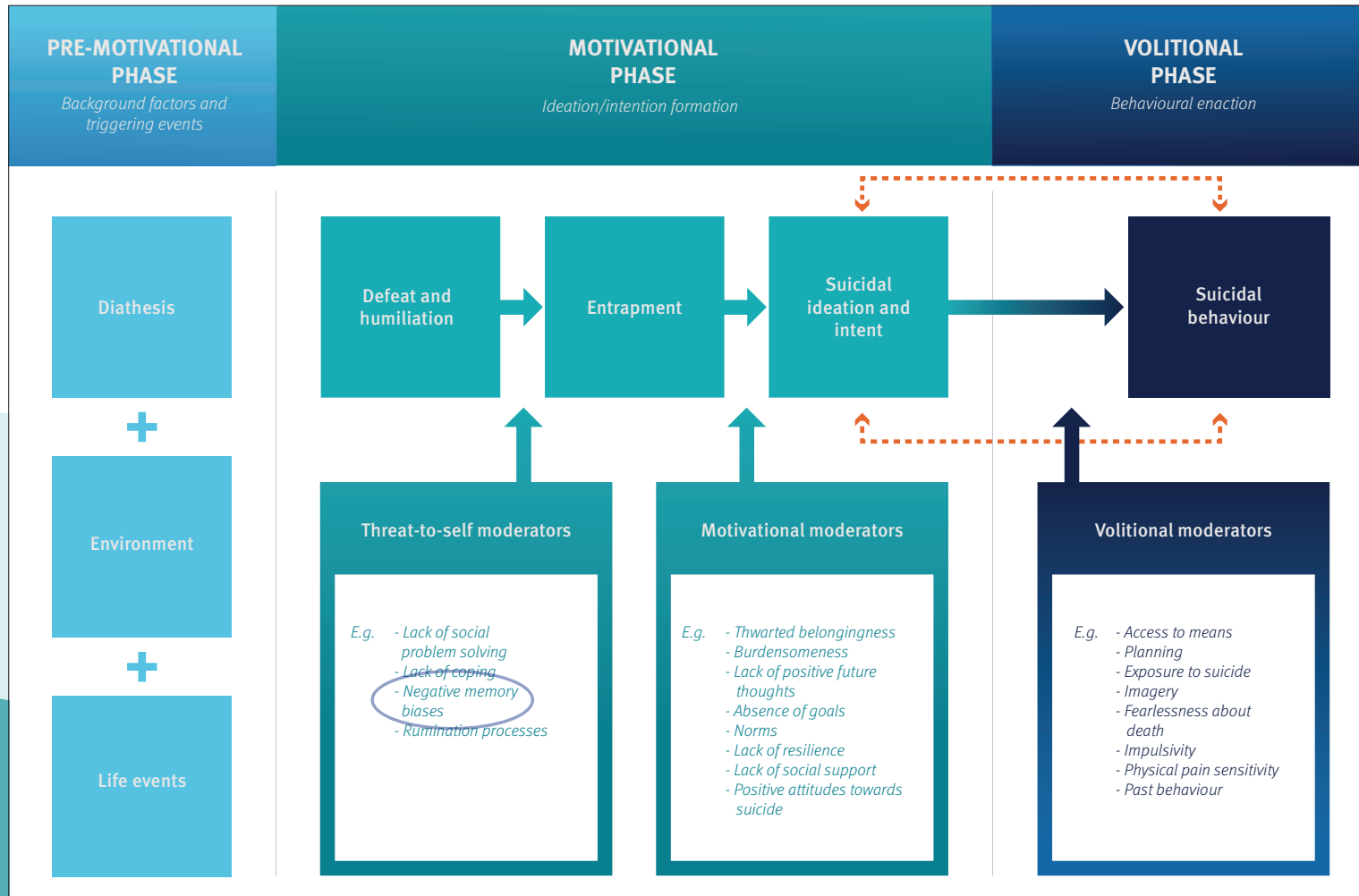


# Goals and strategies

This worksheet is designed to help you and a client use the IMV model to work out key issues that are contributing to suicidality, come up with goals that relate to these issues, and create steps towards each goal.

Circle/highlight the most important key issues the person is currently experiencing. Then, use the panels on the right to think about goals for each key issue and steps that will lead to that goal.



## Example

Key issue Negative memory biases

Goal Learn to stop negative thought spirals before they get overwhelming

Steps 1. Keep track of my mood and what's happening in my life.

2. Talk with my worker to come up with triggers and early warning signs for thought spirals.

3. Talk with my worker about strategies to stop thought spirals (e.g. grounding, positive thought diary, do some weights, sensory box).

4. Decide which one I want to try first. Practice this with my worker when I'm not stressed.

5. Try using my new strategy for at least 5 mins next time I notice a trigger or early warning sign.

6. Talk with my worker about how it went

### Some tips to keep in mind:

- Focus on collaboration
- Invest in the relationship
- Make steps measurable
- Start with strengths
- Develop insight
- Make a whole map
- Use small steps
- Maintain hope
- Increase connection to self, others, and the world

