

GROUP THERAPY WORKSHEETS FOR ADULTS

Do you want a group therapy?

What concerns do you want to address in group therapy?

For how long do you want to be in a group therapy?

What do you expect from a group therapy?

Goals of group therapy involve:

- ***Encouraging personal growth***
- ***Providing support for group members***
- ***Developing social skills***
- ***Building interpersonal awareness***
- ***Developing self-awareness***
- ***Increasing accountability***