

PATIENT'S GOOD LIFE PLAN (PRE-TREATMENT)

Primary goods and current means (most important first)	Confidence (0 – 10)	Future means to achieve goal (“Good Life Goals”)	Possible obstacles to achieving goal	Overcoming obstacles (green: SSWT modules, purple: additional therapy tasks, red: external referral)
Relationships/Friendships: <i>Family relationships (parents and sister)</i>	2	<ul style="list-style-type: none"> • <i>Open up about my sexual attractions to trusted others (initially sister)</i> • <i>Strengthen connections with friends</i> 	<ul style="list-style-type: none"> • <i>Fear of judgement and not being understood; fear of losing relationship with sister</i> • <i>Seeking out needs for connection with children and young people through gaming</i> • <i>Thinking I don't have anything in common with my friends anymore</i> • <i>Depression and lack of motivation to help myself</i> 	<ul style="list-style-type: none"> • <i>Learn more about minor attraction so I can better accept my attractions and talk to my sister (Understanding and living with my attractions)</i> • <i>Build self-confidence/self-worth (CBT strategies for depression with focus on cognitions about friends; Understanding and living with my attractions)</i> • <i>Develop strategies to stay safe online (Managing my sexual attraction and finding pleasure)</i> • <i>Monitor depressive symptoms, strengthen coping skills (Strengthening skills) and consider referral to MH services or GP if no symptom reduction</i>
Peace of Mind: <i>Drinking to avoid thinking about problems</i>	4	<ul style="list-style-type: none"> • <i>Get back into mountain biking</i> • <i>Learn to sit with and process difficult emotions rather than cover them up</i> 	<ul style="list-style-type: none"> • <i>Unfit, wouldn't be able to manage my favourite trails</i> 	<ul style="list-style-type: none"> • <i>Set personal fitness goals, report back progress to therapist for accountability</i> • <i>Strengthen capacity for emotion management (Strengthening skills)</i>

Happiness/pleasure: <i>Online gaming, viewing images of naked children</i>	5	<ul style="list-style-type: none"> • Mountain biking/skiing, being outside, travelling • Socialising with friends • Making music with band • Find a way to experience sexual pleasure without causing harm or doing anything illegal 	<ul style="list-style-type: none"> • Depression and lack of motivation to contact friends, pick up guitar, get outside, etc. • Lack of attraction to adults 	<ul style="list-style-type: none"> • Treat depression (<i>CBT strategies for depression, monitoring of symptoms, external referral if required</i>) • <i>Managing my sexual attraction and finding pleasure. Also explore relevance/suitability of strategies for reducing minor attraction (from Strengthening Adult Sexual Interests module) and content from Processing Grief module.</i>
Community/belonging: <i>Nil</i>	1	<i>Unsure</i>	<ul style="list-style-type: none"> • Stigma attached to minor attraction 	<ul style="list-style-type: none"> • <i>Navigate stigma, explore how I can find a sense of belonging (Understanding and living with my attractions, Good life planning)</i>
Mastery: <i>Work</i>	7	<ul style="list-style-type: none"> • Keep working • Consider talking to boss about mentoring an apprentice (longer term goal) 	<ul style="list-style-type: none"> • Depression and lack of motivation 	<ul style="list-style-type: none"> • <i>CBT strategies for depression, monitoring of symptoms, external referral if required</i>