

Quiz: **Smarter than SMART: How therapists can improve goal-setting with clients**

1. Effective goal setting is important because:
  - a. Consistent goal setting can increase flow states
  - b. Having goals with feedback leads to better attainment of those goals
  - c. Lack of goal clarity leads to poorer therapeutic alliance and an increase in symptoms
  - d. All of the above
2. What does SMART stand for?
  - a. Simple Meaningful Actionable Revolutionary and Titillating
  - b. Smart Meaty Available Ready Timely
  - c. Specific Measurable Attainable (or Attuned) Relevant (or Realistic) and Timed
  - d. Specific Meaningful Actionable Ready Tried
3. What are the limitations of SMART goals?
  - a. Incomplete (don't get to actual change steps)
  - b. Inconsistently defined (defined differently in different studies or settings)
  - c. Overly linear, not dynamic enough
  - d. All of the above
4. Goals are more effective when they are framed positively (increase or "do" something) versus negatively (don't do something)
  - a. True
  - b. False
5. Goals are more effective when they are focused on outcomes rather than effort (i.e., performance, learning or process goals)
  - a. True
  - b. False
6. In the Bertelsen, et al, Grip on Life model, the following are skills of life to assess when creating plans for goal attainment:
  - a. Free association to get more creative
  - b. Meeting basic needs in Maslow's hierarchy of needs
  - c. Participation in creating your own and communal life through relations, frames, and community
  - d. None of the above
7. When assessing a goal's likelihood of successful attainment, it is important to consider:
  - a. Does this goal align with morals, values, and priorities
  - b. Is the goal broad enough to last through a number of treatment plan updates
  - c. Whether the therapist agrees if this is a good goal for the client
  - d. Who is paying for treatment
8. The Tiny Habits (or Behavior Design Model) from BJ Fogg suggests:
  - a. Aspirational, broad goals are sufficient to move forward with behavior change
  - b. Behavior = Motivation + Ability + Prompt
  - c. Motivation is the most important factor in creating behavior change
  - d. You should go into goal setting with preconceived ideas of how you're going to make changes (don't waste time on brainstorming, just get stuff done)
9. Timing doesn't matter when you set goals or the steps to achieve your goals
  - a. True
  - b. False
10. Once you complete your goals and celebrate, you're done.
  - a. True
  - b. False