

Understanding Your Problem:

Each problem contains five parts. Being aware of each of these parts helps us recognize what next steps we can, want or are able to take to address our problems, as well recognizing what barriers there may be to change.

The questions below may help you complete the worksheet.

- *Change in environment or life situation:* Have there been recent changes? What have been the most stressful events in the past year? Past three years? Past five years? In my youth? Am I experiencing long-term problems or constant difficulties (including discrimination)
- *Bodily Reactions:* Do I experience bodily reactions that worry me, like changes in my energy level, eating pattern, sleeping pattern? Are there specific symptoms, such as change in heart rate, stomachache, sweating, dizziness, or breathing problems?
- *Emotions:* Which simple words describe my feelings the best (sad, nervous, angry, guilty, embarrassed).
- *Behaviors:* What things do I do that I would rather change or do differently. At work? Home? With friends? With Myself? Do I avoid situations or people when it would actually be better to have contact with them?
- *Thoughts:* When I have strong feelings what thoughts do I have about myself? About others? About the future? Which thoughts prevent me from doing things I would like to do or should do? What images or thoughts go through my head?

Changes in your environment/life situation: _____

Bodily Reactions: _____

Emotions: _____

Behaviors: _____

Thoughts: _____
