



Dissecting The Problem

This form is to help understand the challenges that you're currently facing. First, pop down in 1 or 2 sentences outlining your main difficulties:

Second, write down in 1 or 2 sentences about how these difficulties effect your life and what it stops you from doing or being.

Regardless of what life has thrown at you – whether it's a physical illness, a difficult relationship, a work situation, a financial crisis, the loss of a loved one or depression and anxiety, when we dissect the problem, we can usually find four major elements that make life worse. Below, write as much info as you can in each box about the thoughts, feelings and actions that contribute to or make the difficulty worse.

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| <p>Entanglement with Thoughts</p> <p>What memories, worries, fears, self-criticisms, or other thoughts do you get stuck on in relation to the issue above?</p> | <p>Life-draining Actions</p> <p>What are you <u>doing</u> that makes your life worse, as in it keeps you stuck, drains your energy, restricts your life, or is bad for your health, relationships or work?</p> |
| <p>Struggling with Feelings</p> <p>What feelings, emotions, impulses or sensations do you fight with, try to get rid of or otherwise struggle with?</p> | <p>Avoiding Situations</p> <p>What situations, activities, people or places are you avoiding or staying away from? What do you keep 'putting off' until later or making excuses to get out of?</p> |