
DISSECTING THE PROBLEM

This form is to help gather information about the nature of the main challenge, issue, or problem facing you. Please summarize, in one or two sentences, what the main issue or problem is:

Please describe, in one or two sentences, how it affects your life, and what it stops you from doing or being:

Regardless of what your problem is—whether it is a physical illness, a difficult relationship, a work situation, a financial crisis, a performance issue, the loss of a loved one, a severe injury, or a clinical disorder such as depression—when we dissect the problem, we usually find four major elements that contribute significantly to the issue. These are represented in the boxes below. Please write as much as you can in each box about the thoughts, feelings, and actions that contribute to or worsen the challenge, problem, or issue facing you:

<p>"Hooked" by Thoughts What memories, worries, fears, self-criticisms, or other unhelpful thoughts do you get "hooked" by or "caught up" in? What thoughts hold you back or jerk you around or bring you down?</p>	<p>Life-draining Actions: What are you currently doing that makes your life worse in the long run: keeps you stuck; wastes your time or money; drains your energy; restricts your life; impacts negatively on your health, work, or relationships; maintains or worsens the problems you are dealing with?</p>
<p>Struggle with Feelings What emotions, feelings, urges, impulses, or sensations do you tend to fight with, avoid, suppress, try to get rid of, or otherwise struggle with?</p>	<p>Avoiding Challenging Situations: What situations, activities, people, or places are you avoiding or staying away from? What have you quit, withdrawn from, dropped out of? What do you keep "putting off" until later?</p>