

Presenting Problem

Data Gathering

Directions: Take your time on this worksheet as it will be very beneficial for you to evaluate yourself, your thinking, and how it relates to the struggles you face.

- **Think about when you first remember struggling with this problem up until the present.**
 - When did it begin?
 - How did it progress?
 - Where has it brought you now in the present?

- **Think about the events, thoughts, or situations that seem to “trigger” your struggle with this problem.**
 - When I go to _____ I usually start struggling with _____
 - When I think about _____ I start struggling with _____
 - When I am alone I start thinking about _____ that leads me to struggle with _____

- **Below, write down your TOP 5 events, thoughts, or situations that you believe cause you to struggle with this problem.**

1. –

2. –

3. –

4. –

5. –

Question: If you could change any 1 of the above which would you pick and why? What about this one is so significant?

Answer: