

Helping To Identify Your Problems

1. Life changes or stressors

List some stressors you have experienced in the last year.

2. Physical reactions

What are your physical symptoms?

- changes in energy level _____

- changes in sleep pattern _____

- stomachaches _____

- sweating _____

- dizziness, etc. _____

- other: _____

3. Moods

Most of the time your mood can be described as _____

4. Behaviors

What do you want to change or improve?

- at home _____

- at work _____

- with friends _____

- yourself _____

5. Thoughts

What thoughts do you have about yourself?

Each of the above affects and interacts with each other. A change in one area can lead to changes in the other areas.