

Problem & Goals List

If you have a number of different problems it may be helpful for you and your guide to have a clear idea of what problems you are trying to tackle and in what order you think they should be tackled. These problems may arise in any of the 'Five Areas' – *thoughts; behaviour; moods; physical sensations or the outside world.*

Try to list below the problems you see as most important at the present time, then write down next to each problem what would need to change in order to reduce or eliminate the problem. Remember, not all problems can be eliminated, especially if they involve the outside world, so your aim might just be for you to cope better with the problem. Your guide can help you clarify your problems and your aims. You can change this list at any time to reflect the changes you make, or that happen over time.

WHAT IS THE PROBLEM?	WHAT DO YOU WANT TO CHANGE ABOUT THESE PROBLEMS?
<p>Examples:</p> <ul style="list-style-type: none"> Being anxious when I go shopping Feeling low and isolated at Christmas Thinking I am fat when I go swimming Drinking a bottle of wine every night alone Thinking my partner doesn't love me 	<ul style="list-style-type: none"> To go the supermarket once a week & cope with any anxiety I feel without leaving I will join in the family activities & make an effort to speak to everyone when we meet Remind myself of what good exercise swimming is & keep going every week Just to have one glass & only when I go out with friends I would try to tell my partner how I feel & what I would like to change in our relationship

If the problem you are describing looks too big or difficult to change, try breaking it down into small steps and think about how you could tackle each step and measure the progress that you are making.

There is a separate leaflet about problem solving – *ask your guide for a copy.*
Between now and the next session, try to write something in the boxes above. Don't worry about doing it right or wrong – there is no right or wrong way of doing this, just whatever way helps you to change for the better. If you are not sure what the separate problems are, or what order you could try to tackle them in, then talk it over with your guide – but remember, it is not your guide's job to tell you what your problems are, or what order to tackle them in.

Continue the list over the page if you need to...