

Problems and Goals List

If you have several different problems to work on, you and your guide will need a clear idea of which are the most important. The problems could be in any of the 'Five Areas': thoughts; behaviour; moods; physical symptoms or the outside world.

In the box below, write down which problems you feel are most urgent, then what you will need to do to get rid of the problem or make it easier to cope with.

Remember:

- ➔ You can't get rid of all problems, especially if they involve the outside world, so your aim might just be to cope with them better.
- ➔ If a problem looks too big or too difficult, try breaking it down into small steps.
- ➔ There are no right or wrong answers – the important thing is to find solutions which work for you.
- ➔ You can change the list at any time.
- ➔ Talk to someone you trust – sharing a problem is often helpful.
- ➔ Ask your guide for help if you get stuck.

What is the problem?	What shall / am I going to do about it?
<p>Examples:</p> <ul style="list-style-type: none"> 💧 I get anxious when I go shopping. 💧 I've stopped going swimming because I think I'm fat. 💧 I feel low and isolated at Christmas. 💧 I drink a bottle of wine every night on my own. 💧 I keep thinking that my partner doesn't love me. 	<ul style="list-style-type: none"> ✓ I will go to the shop once a week and try to deal with my anxiety without leaving. ✓ Remind myself that swimming is good for me, and go every week. ✓ I will make an effort to join in family activities and chat to everyone. ✓ I will only drink when I am out with friends, and stick to one glass. ✓ I will try to tell my partner how I feel and what I would like to change in our relationship.

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Continued...

You can use the table below to make a note of your own problems and goals. Put them in order of priority – which would be easiest to tackle, or the problem you are most likely to succeed with, or the one that is causing you the most upset.

What is the problem?	What am I going to try to do about it?
1	
2	
3	
4	
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