

FINDING The Problem



In each circle write a current issue or problem that if it was resolved would make a significant difference in your life. **Try to find a problem that has been fairly persistent and feels like you keep recycling it.** This may be some way that you currently feel limited in life.



#1

#2

#3



For each one, how is this an “Answer”/adaptive?
What is easy for you to do? What is it you do well?



For each one, what is more difficult for you to do?



In the finding the target memories we will be looking at times when we did what was difficult and it didn't work out well.