

# 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.**