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 I have trouble getting and asking for help and end up overwhelmed.

#2 I procrastinate.

#3 I have anxiety.

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

I'm good at doing things myself.

I'm good at avoiding and not doing.

I'm good at staying up and out of sadness/ my body.

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

It is difficult to trust that others will effectively be there for me.

Take action and possibly get it wrong, fail or be blamed.

It is difficult for me to be with what is here in the present.

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.

Times when I trusted and was betrayed or support wasn't there.

Times when I took action and I was blamed or failed.

Times when I could not avoid feeling what is here.