

## 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 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.