

# FINDING The Problem



## How to find the Universal Theme for the Client's Presenting Issue

Often the presenting issue is also the client's "Answer" or adaptive strength. This exercise will help identify the attachment longing under the adaptation.

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 something that is fairly persistent and it feels like you keep recycling it.



#1

#2

#3



**For each of the above, how is that something you are good at doing?**

(Listening for how this has been a resource or adaptive to stay safe or connected)



**What is the relational longing? What do you want that you are not getting?**

**When we go to Finding the Targets we will be looking for times when you had the hope of that longing but it didn't work out. Or you wanted this but did not get it.**