**DISCOVERING PROBLEM PATTERNS**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date­­­­­­­­­­­­­­­­­­­­ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Directions:** For one week carefully list *all* events, situations or activities (good or bad) that resulted in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.\* Circle those that occur three or more times.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| *Morning* |  |  |  |  |  |  |
| *Afternoon* |  |  |  |  |  |  |
| *Evening* |  |  |  |  |  |  |

\*The blank space should be filled in with a word that describes the problem; e.g. “fear, anger, headache, panic,” etc.