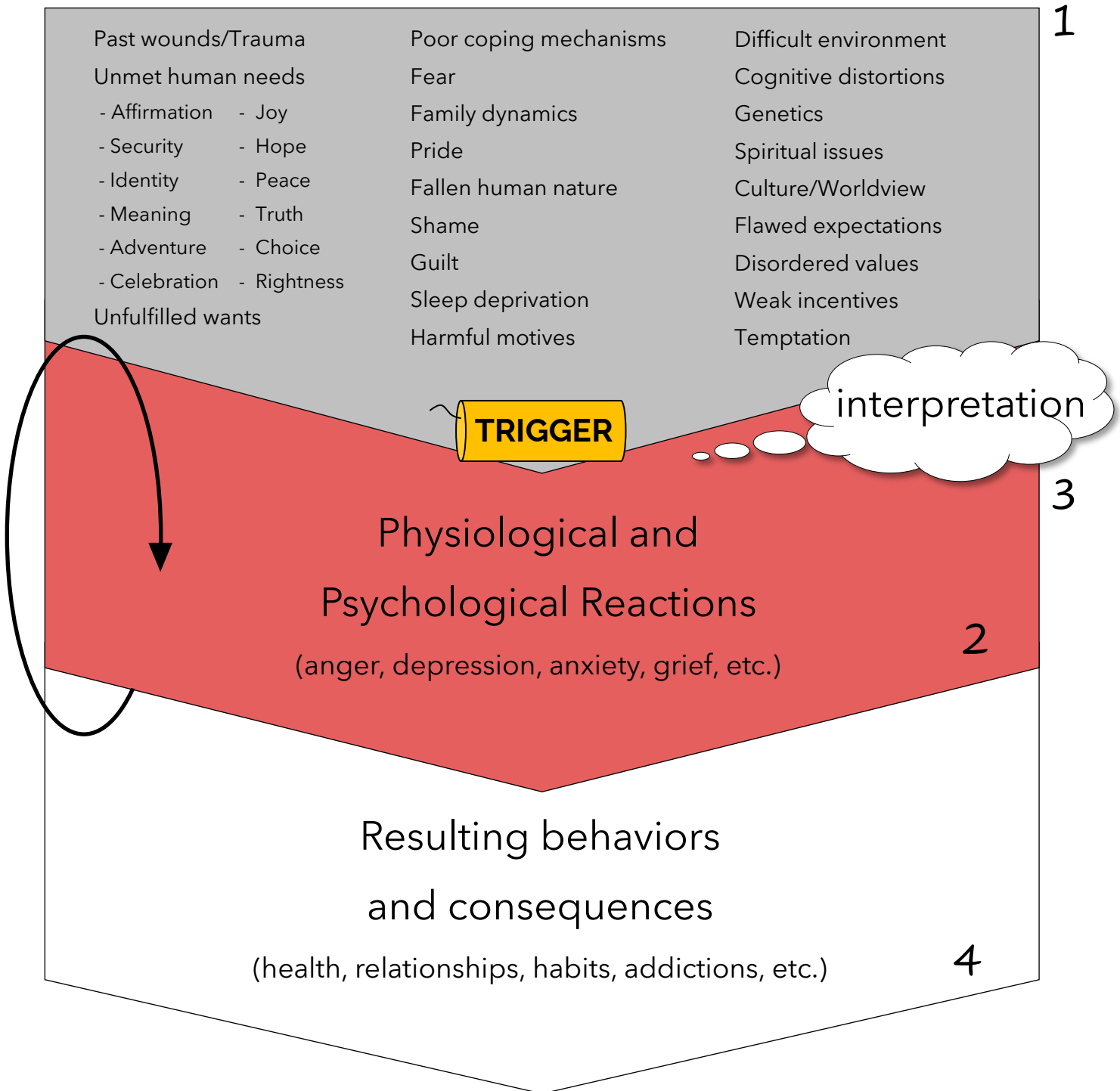


# UNDERSTANDING THE ISSUE



## Describe yourself using this diagram.

1. What primary problems do you have?
2. What "triggers" are you particularly sensitive to?
3. What emotions/moods flow from your primary problems and your triggers?
4. What behaviors and consequences are produced?