UNDERSTANDING THE ISSUE

Past wounds/Trauma

- Unmet human needs
- Affirmation Respect

- Peace

- Security Hope
- Identity
- Meaning Truth
- Adventure Choice
- Celebration Rightness

Unfulfilled wants

Poor coping mechanisms Fear Family dynamics Pride Fallen human nature Shame Guilt Sleep deprivation Difficult environment Cognitive distortions

Genetics Spiritual issues Culture/Worldview Flawed expectations Disordered values Temptation/Darkness 1

3

2

Thoughts

Physiological Reaction (State shift)

TRIGGER

Psychological Reactions

(anger, depression, anxiety, grief, etc.)

Resulting behaviors & consequences

Avoidance, Escape, Numbing, Dysfunctional relationships Living acc. to values Faith, hope, and love Improved relationships **4**

Describe yourself using this diagram.

- What primary problems do you have?
- What "triggers" are you particularly sensitive to?
- What emotions/moods flow from your primary problems and your triggers?
- What thoughts accompany / aggravate your emotions?
- What behaviors and consequences are produced?