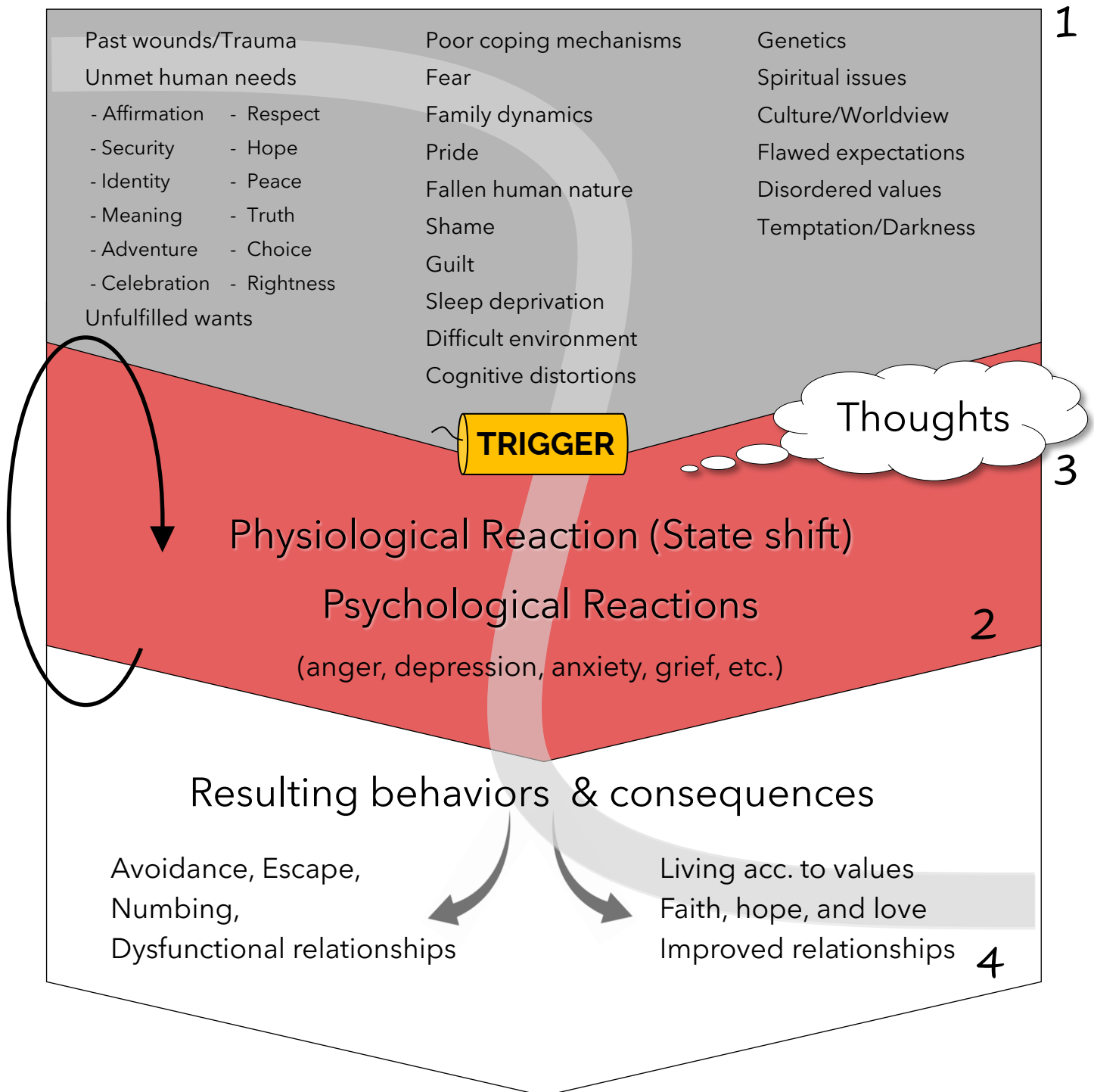


# UNDERSTANDING THE ISSUE



## 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?