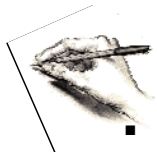


## PICKING A PROBLEM - WORKSHEET



- Does the example in this chapter sound familiar to you?
- Think about what is happening.
- Pick the problem that concerns you the most.

Here are some sentence starters that may help:

*I am having trouble dealing with...* \_\_\_\_\_

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*My behaviour is affecting...* \_\_\_\_\_

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*I don't understand why...* \_\_\_\_\_

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