**In one, or just a few words, what is the MAIN problem?**

*(i.e. Stress, Depression, Anger, Unemployment, Relationship, Smoking, OCD, Anxiety, Biting Nails, Jealousy, Confidence, Arguments with partner)*

**How much distress does this cause you on a scale of 0-10?**

*(0= No distress 10= Highly distressed) Enter Number here*

**Again**, **in one, or just a few words, what may be the SECONDARY problems?**

|  |  |
| --- | --- |
| **Problem** | **Distress Level 0-10** |
| 1. |  |
| 2. |  |
| 3. |  |

**How confident are you that you can overcome these problems?**

*( 0= No confidence 10= High Confidence) Enter Number here*

**How important it is to you to make this change?**

*(0= Not important**10= Highly important) Enter Number here*

**What are the main reasons sit is important to make this change?**

**What are the things that might keep the problem going?**

*i.e. Avoiding certain tasks, restriction of finances, the behaviour of a friend, colleague or loved one*

**What are your main goals?**

*If the problem no longer existed think how life would be different.*

|  |
| --- |
| **Goals** |
| 1. |
| 2. |
| 3. |
| 4. |
| 5. |