

# HOW DID "THE PROBLEM" DEVELOP?

COMPLETE THE BOXES, THEN REVIEW TO DEVELOP A COMPREHENSIVE UNDERSTANDING OF THE CURRENT CHALLENGE

**WHAT MADE ME VULNERABLE IN THE FIRST PLACE?**

**TRIGGERS FOR THE MOST RECENT EPISODE -**

**"THE PROBLEM" -**

**POSITIVE THINGS I HAVE GOING FOR ME -**

**THINGS THAT KEEP "THE PROBLEM" GOING. (MIGHT INCLUDE THINGS I DO TO CONTROL "THE PROBLEM")-**