Problem List Worksheet

For each of the following areas write out the clearly definable problems that you will face within the next 3 months, i.e. the ones you can define easily and know the cause(s).

**Relationships:** such as girlfriend is pregnant, friend wants money back

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**Work/school:** such as on probation at work, failed grade twelve

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**Home/community:** such as have no place to live, evicted and have no references

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- ____________________________________________________________
- ____________________________________________________________
- ____________________________________________________________
- ____________________________________________________________
Physical health/Mental health: such as depression, anger problems, decayed teeth

Communication: such as can't take negative feedback, use blaming and hidden agendas, have a reputation for lying

Other: