What's bothering me?

Physical	Existential/ the human condition	Unmet/ missing/ wished for	Constraints/ limits/ realities	Waiting for this to happen	What happened?	Feelings	Thoughts
						Primary Secondary	

How can I help myself?

Identify feelings. Primary feelings are data. Secondary feelings are caused by thoughts. What thoughts caused these secondary feelings? Add these thoughts to the "Thoughts" column.

Identify thoughts. Use this code: (**F**) Fact; realistic and/or probable | (**B**) Belief, interpretation, opinion, position | (**CD**) Cognitive distortion, i.e. pattern of thinking, often taught or learned in childhood, that is not grounded in fact or logic that distorts one's perception of oneself, others, and the world. | (**H**) helpful.

Rank order. Of all the items on this sheet, which bothers me the most? Which is the second most bothersome? Third? And so on?

Access inner wisdom. Given my broad and deep awareness of what's going on with me, of what's bothering me, of what's factual and realistic, and of my values, priorities, strengths, and preferences, how can I help myself with what's most important to me? How can I optimize within the constraints of my current situation?