

Problems List



It can be hard to define just one problem to begin working on. You may start to think of a number of related problems. Try to take one large problem and break it down into smaller, more manageable problems.

Questions to Help You Define the Problem:^{*}

Who?	What?	When?	Where?	How?
Who has the problem?	What is the problem? What part of the problem is most bothersome?	In what situations is the problem most noticeable?	When is this problem most likely to distress you?	If you could fix the problem, how would things be different for you?
Who needs to make changes	Could there be several problems that affect each other? What are they?	Is it more bothersome in some situations than in others?	Does it bother you more when you are tired, busy, hungry or irritable?	How could you tell that the problem was solved?

On this page, start a list of some of the problems you would like to work on.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

^{*}Getting Your Life Back: The Complete Guide to Recovery from Depression by Jessie H. Wright, M.D., Monica Ramirez Basco, Ph.D., The Free Press, New York, 2001.