



ISSUE WORKSHEET

INSTRUCTIONS:

As you prepare to work with us on your issues, we want you to “unpack” all the problems and to begin thinking of them in a new way: separate the issues from each other and identify solutions to solve the problem. Please fill this out separately and bring to your counseling session to review.

PROBLEM	FEELING	NEED TO FEEL	IS THIS A RAW SPOT?	SPECIFIC POSITIVE REQUEST	WHAT DO THESE FEELINGS REVEAL ABOUT ME/MY NEEDS?
"I feel disconnected from you"	Neglected/Abandoned/Hurt	Connected/Valued/Loved	"Yes, this has been an issue for years"	Spend 15 minutes with me at night	

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