

**EXERCISE: Understanding Your Own Problems**

Just as Ben, Marissa, Linda, and Vic used the five-part model to understand their problems, you can begin to understand your own problems by noticing what you are experiencing in these five areas of your life: environment/life changes/situations, physical reactions, moods, behaviors, and thoughts. On Worksheet 2.1, describe any recent changes or long-term problems in each of these areas. If you have difficulty filling out Worksheet 2.1, ask yourself the questions in the Helpful Hints on page 15.

**WORKSHEET 2.1. Understanding My Problems**

Environment/life changes/situations:

Physical reactions:

Moods:

Behaviors:

Thoughts: