

Assessment of Challenges

**Do these sentences quickly by writing in your first thought. This will help you to develop insight about how well you manage the problems in your life.*

1. The biggest challenge I'm facing is:
2. I'm quite concerned about:
3. One of my other problems is:
4. Something I do that gives me trouble:
5. Something I fail to do that gets me into trouble is:
6. The "social setting" in my life I find most troublesome is:
7. The most frequent negative feelings in my life are:
8. They take place when:
9. The person I have the most trouble with is:
10. What I find most troublesome in this relationship is:
11. Life would be better if:
12. I tend to do myself in when:
13. I don't cope very well with:
14. I get anxious when:

15. A value I fail to put into practice is:
16. I'm afraid to:
17. I wish I did, or didn't:
18. What others dislike most about me is:
19. What I don't handle well is:
20. I don't seem to have the skills I need in order to:
21. A problem that keeps coming back is:
22. If I could change just one thing in myself it would be:
23. How long have you struggled with these challenges?

