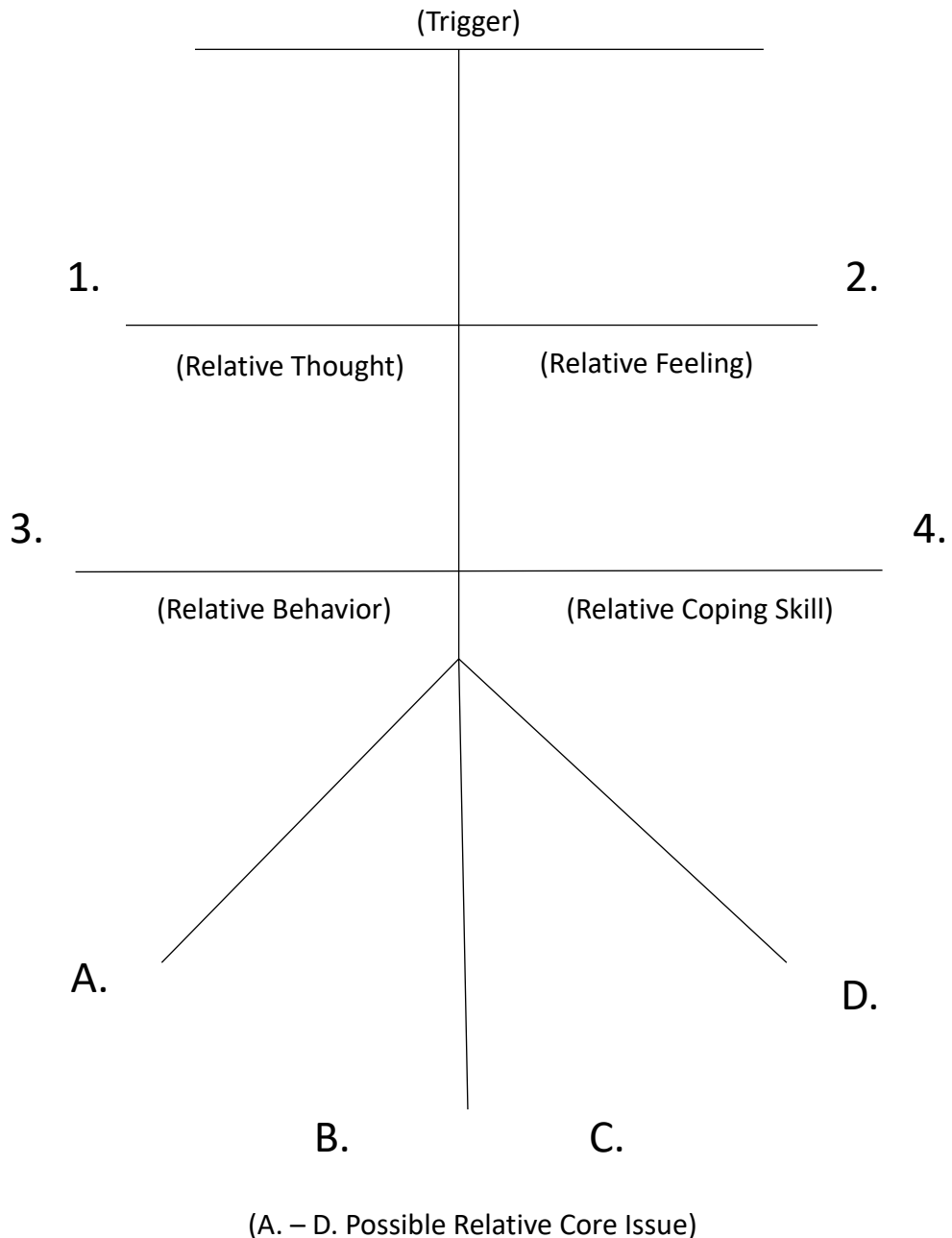


Core Issue Mindfulness Mapping

Created & Developed in 2017, by Peter B. Conder, LCMHC



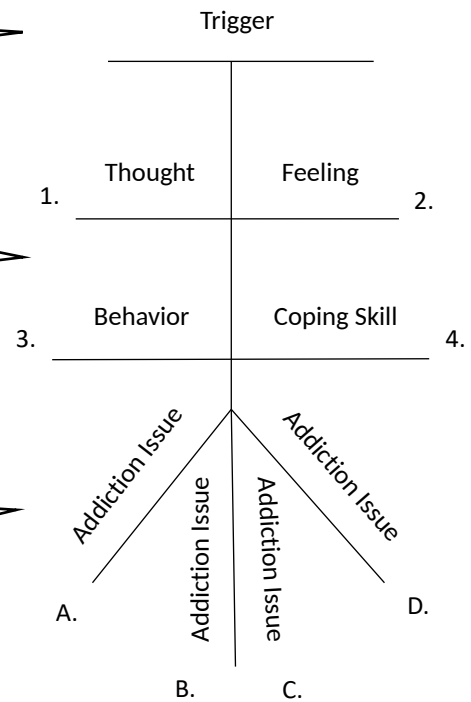
Core Issue Mindfulness Mapping

Instructions:

Step 1: List an identified trigger being expressed.

Step 2: List the associated thought, feeling, behavior and how you cope with that trigger.

Step 3: List the associated core issues, relative to the trigger presented.



Key to understanding: The identified trigger is clinically considered a possible link to an addiction and/or trauma, possibly causing maladaptive thinking and behavior. It is important to be able to link thoughts, feelings, and behaviors involved with surfacing triggers, to better understand their origin – the core issue(s) - important to resolve and manage, to prevent further complication and/or trauma. For example, people experiencing illicit substance addiction may have self-esteem issues as a core addiction issue. These individuals may use illicitly to cope with not feeling adequate around peers and/or with capacities and/or expectations to fill independently. See pg. 3 for list of core issue examples.

Core Issue Mindfulness Mapping

Example core issues: fear, shock, lack of respect and/or trust and/or control, trauma, traumatic brain injury, grief, loss, death, war, combat, LGBTQIA+ issues, anxiety, social anxiety, anger, depression, isolation, institutionalized detention, shame, guilt, regret, resentment, addiction, abuse, neglect, rejection, abandonment, self-esteem, self-image, pain, fear of failure, fear of success, authority issues, disability, crime, thrill-seeking, curiosity, financial strain, parenting, unreasonable expectations, public harm, codependency, sleep issues, relationship strain and/or divorce, lack of skills and/or abilities, lack of energy, chronic illness, life events, other mental health issues, etc.

Brainstorming my core issues: