

# DISCOVERING PROBLEM PATTERNS

Directions: For one week, carefully list *all* events, situations or activities (good or bad) that resulted in \_\_\_\_\_. Circle those that occur three or more times.

| Sunday           | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------|--------|---------|-----------|----------|--------|----------|
| <i>Morning</i>   |        |         |           |          |        |          |
| <i>Afternoon</i> |        |         |           |          |        |          |
| <i>Evening</i>   |        |         |           |          |        |          |