

Dissecting The Problem Worksheet

Client's Name:

Date:

Please summarize in 1-2 sentences your main issue/problem:

Please describe in 1-2 sentences how the issue/problems stop you from doing or being something/someone:

Entanglement with Thoughts

What memories, worries, fears, self-criticisms, or other unhelpful thoughts do you dwell on, or get "caught up" in, related to this issue? What thoughts do you allow to hold you back, push you around, or bring you down?

Life-draining Actions

What are you currently doing that makes your life worse in the long term: keeps you stuck; wastes your time/money; drains your energy; restricts your life; impacts your health negatively; negative affects your work or relationships; maintains or worsens the problems you are dealing with?

Struggle With Feelings

What emotions, feelings, urges, impulses, or sensations (associated with this issue) do you fight with, avoid, suppress, try to get rid of, or otherwise struggle with?

Avoiding Challenging Situations

What situations, activities, people or places are you avoiding or staying away from? What have you quit, withdrawn from, dropped out of? What do you keep "putting off" until later?

Reference: Harris, R. (2014). Dissecting the Problem [E-book]. In *The Complete Set of Client Handouts and Worksheets from ACT books* (p. 4).

https://thehappinesstrap.com/upimages/Complete_Worksheets_2014.pdf