

## DISCOVERING PROBLEM PATTERNS

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**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 |
|-----------|--------|--------|---------|-----------|----------|--------|----------|
| Morning   |        |        |         |           |          |        |          |
| Afternoon |        |        |         |           |          |        |          |
| Evening   |        |        |         |           |          |        |          |

(The Christian Counselor's Manual, by Jay Adams, page 280, kindle version)