

Analyzing Your Presenting Problems

Gorski, "Passages Through Recovery" 1989

Date: _____

Write a list of all of the major problems you now have or did have in your life. Make sure each one is written in a complete sentence:	Write how the problem relates to alcohol or other drug use.
Example: (A) My wife wants a divorce because I get angry, hit her and the kids, and I am seldom home.	Example: (1) I get angry because she complains about my drinking. (2) I only hit her when I am drunk or really hung over.

Name: _____

ID#: _____

