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#:

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(If more space is needed, continue project using journal notes (see counselor for supply)	

Name: ID#: