

## Understanding Your Challenges

Looking closely at the different areas of our life can be the first step in understanding how our problems are impacting us. Even minor changes in one area can cause alterations in other areas as well.

**Environment and life, in general:** What positive and negatives changes have happened in my life recently? What is the most stressful thing in the past year? Past 5 years? In my childhood?

**Physical reactions:** Any changes in energy level, appetite, rapid heartbeat, sleeplessness, etc.?

**Moods:** What words describe your most regular and upsetting moods?

**Behaviours:** Have I started or stopped doing things as a result of how I'm feeling?

**Thoughts:** When I experience strong difficult moods, what thoughts do I have? About myself, others, my future?

(adapted from Greenberger and Padesky, 2016)

If you would like to have a confidential, supportive conversation, feel free to schedule an appointment with a personal counselor at the Health & Counseling Centre by calling 905-828-5255. You may also call Good2Talk at 1-866-925-5454 for professional counselling, mental health information and connections to local resources.