

The Problem List

This exercise helps you clearly articulate the specific problem that you want to work on using CBT.

The problem list will help you identify the causes behind the distress you're feeling. The problem is not your difficult feelings, but the factors that trigger the difficult feelings.

Start by identifying the problem and then identify unhelpful thinking patterns, behaviors, or knowledge or skill gaps that are causing this problem.

The problem	Unhelpful thinking patterns, behaviors, or knowledge or skill gaps
e.g., Low self-esteem	Passive behavior at work and in my relationship Harshly criticizing myself Unfavorably comparing myself with other people Valuing other people's needs over my own

Visit our shop for more Mental Health Worksheets: [click here](#), or go to: <https://payhip.com/ineffableliving>

The problem	Unhelpful thinking patterns, behaviors, or knowledge or skill gaps

Visit our shop for more Mental Health Worksheets: [click here](#), or go to: <https://payhip.com/ineffableliving>