

Client name:

Keyworker:

Date: / /

# An Emotion or Feeling That Gives You Trouble

Describe the emotion or feeling:  
What usually happens to make you feel this way?

What problems does having this feeling  
cause for you?

How would you feel if you could avoid this  
emotion when these situations happen?

What have you done to deal with this in the  
past that **did not help**?

What have you done to deal with this in the  
past that **has helped**?

What are some of the ways that you could deal with this emotion?

How useful was this map and discussion?  
NOT Useful 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 VERY Useful