

FREE CBT 6:

Notice-Challenge-Change

Once we have defined our problem and set our goals, we may need to take some time observing the problem and gathering information about it. In doing this we may notice patterns, common themes, we may notice new information and gain insight into the problem.

State the Problem:

What do you need to learn about the problem – How often it happens? How intense it is? When it happens? Where it happens? What is going on when it happens? Etc. Create a simple chart to track the information, like in the example below. You may need to adjust the heading to make it more applicable to your problem.

Date	What was going on?	How did I feel?	What did I do?	How did it end?

Notice the information and write it down in your chart for a week or two.

What did you learn about the problem? What are the themes? What are the patterns? Could something change to make it better?

