Parent: *by design*

PROBLEM RESOLVING WORKSHEET

questions	*my thinking...*
Event (neutral):	
• ***State what happened (facts only)***	
Story:	
• ***What story have I created around this neutral fact?***	
• ***Whose business am I in with this story?***	
• ***Is any of this 100% true? (if so, how do I know it's true?)***	
Meaning:	
• ***What have I made this story mean?***	
• ***What are the underlying fears or beliefs of this story?***	
• ***Is any of this 100% true? (if so, how do I know that?)***	
Attachment:	
• ***What is it that I think I will lose (that I already am or have)?***	
• ***What does this story say about who I am?***	
• ***Is any of this 100% true? (if so, how do I know that?)***	
Suffering: how am I suffering?	
• ***What thoughts do I have when I believe this story?***	
• ***How do I feel when I believe that story?***	
• ***What do I say and do when I believe this story?***	

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questions

my thinking...

Moving Forward:

- ***Who would I be without this story?***
- ***What would I think, feel, say, do without this story?***
- ***What is it that I want?***
- ***What's important to me here?***

RESOLVE:

- ***What might my child be thinking to cause them to feel or behave like this? (insecurity + uncertainty)***
- ***What do they need from me in terms of support and understanding and how can I express this?***
- ***Where else is my child displaying the qualities I think are missing?***
- ***How is my personal narrative creating this?***
- ***How do they see themselves, what they are capable of and the way the world works?***
- ***Who do I need to BE and what do I need to DO to help them see their true potential?***
- ***What resources are they missing/ need to be able to cope/ thrive?***
- ***Who do I need to BE and what do I need to DO to help them develop these resources?***
- ***What are my next steps?***
- ***When will I take them?***

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my thinking...

my thinking...

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PROBLEM RESOLVING WORKSHEET

my thinking...

my thinking...