



Personal struggle

Start by thinking about what you are currently struggling with and what you currently do to manage it? How long have you been struggling with it? (week / month / year) Deep worries are rarely new.

What else are you struggling with? How long have you been struggling with this?

Write a list of all your struggles, all the things that cause you suffering. Then go back and consider how long have you been struggling with it? Next rank your struggles in terms of the impact they have on your life (most to least). Finally draw arrows to show which issues are linked to others. Reorganize as you need to.

Painful and difficult issues I experience	How long has this been the case	Rank them

Examples- bear in mind these may be very different to yours.

Self-criticism

Depression

Feeling I am not listened to by others

Anxiety in social situations ‘*I’ve got nothing to say*’, ‘*they won’t like me*’

Feelings of sadness

Loss ‘*I will never get over this*’

Not good enough

Unlovable

Feelings of frustration and boredom ‘*I can’t take this anymore*’, ‘*I need more*’

This is your personal list and the focus of the following sessions.

You can learn a ways to approach these struggles. Suffering is normal and we all experience it. It is part of the human condition. Learning to live with it and accept its presence is one way to lessen its impact on your life.