

Read through this list and circle topics/problems that you would like to address while in treatment.

- 12-Step/AA Identifying Triggers for Anger Coping Skills
- Healthy Communication Depression Aftercare Planning
- Relapse Prevention Plan Irrational/Distorted Thinking Aggressive Behavior
- Identifying Healthy Changes Anxiety Triggers for Relapse
- Ineffective Coping Poor Impulse Control Self Care Deficit
- Elevated Mood Sleep- Pattern Disturbance Altered Thoughts
- Poor Impulse Control Low Self Esteem PTSD
- I Feel Inadequate I Am A Bit Shy Around People Anger
- I Need A New Job DWI/Arrest/Conviction Sadness I Am Too Busy
- Chronic Medical Problems How Do I Get People to Change?
- How Do I Deal with My Defenses? What Are Defenses? Assertiveness
- How Do I Relax? My Spiritual Life Is 'Shot' Having (Sober) Fun
- I Have Few or No Hobbies I Have Little Hope I Tend to Be Impatient
- People Misunderstand Me Relapse Prevention Plan
- Being A Parent Is Tough Who Am I Now? Money Management
- Who Do I Want to Be? I Have No /Few Real Friends Handling Feelings
- Fear Sleep Problems I Obsess About Things Legal Problems
- Traumatic Things Happened Sexual Issues I Am Not Worth Much
- I Need A Place to Live Codependency Write Anything Not Listed That Comes

to Mind: _____