

# Identifying Your Problem and Goal Practice Work

Name: \_\_\_\_\_

Date: \_\_\_\_\_

*Use this worksheet as a guide to help you complete step 1 of problem-solving.*

## Step 1) Identify the Problem and Goal

### The Problem:

I recognize my thoughts and feelings and put them aside to objectively describe the problem.

The problem is: \_\_\_\_\_

\_\_\_\_\_

### My Goal:

Considering the feelings of everyone, my goal is: \_\_\_\_\_

\_\_\_\_\_