

Date:



Finding the Path

There can be so many emotions, they all crash in on each other. It can be easier to identify a physical symptom or symptoms.

*Symptom or
Symptom Cluster*

*How often do you experience this?
How much does this impact your life?*

What is the trigger?

How have you managed the symptoms?

How successful is your symptom management?

What does this stop you from doing or what do you avoid?

How would your world look like without this symptom or symptoms?

What is an emotion you attach to this symptom?