

**ISSUES WORKSHEET**

DATE \_\_\_\_\_

NAME \_\_\_\_\_

| No. | ISSUE | SUD* |  | ASPECTS/THOUGHTS THAT ARISE | SET-UP PHRASE - EVEN THOUGH... |
|-----|-------|------|--|-----------------------------|--------------------------------|
| 1   |       |      |  |                             |                                |
|     |       |      |  |                             |                                |
|     |       |      |  |                             |                                |
|     |       |      |  |                             |                                |
|     |       |      |  |                             |                                |
|     |       |      |  |                             |                                |
|     |       |      |  |                             |                                |

\* SUD - (Standard Units of Distress 1 - 10 scale)