

My problem statement

A problem statement is a short summary of how things are for you now. It is a baseline to measure your progress against and helps you to set targets for treatment. It is structured and written in the first person. It has examples of the symptoms you are experiencing and their impact. Once your problem statement has been written it can be reviewed each week to see if the symptoms you have are improving and make any changes to your treatment plan if needed.

What the **main problem** is (for example feeling down or anxious)

What **triggers** it (what makes you feel that way on a day to day basis)

Examples of your **physical** symptoms, changes in your **behaviours** and your **thinking**

What **consequence** the problem has had on your life

An example with all the relevant elements needed is:

My main problem is feeling depressed most of the day every day. I feel tired, my appetite is affected and I struggle to concentrate. I have stopped seeing friends, going to work or doing things around the home and I am spending more time in bed. I have thoughts that I am letting my family down and that I can't be bothered. As a consequence I am insolated and being off sick means I have used up most of my savings and money is tight.

Now write your own problem statement in the space below ensuring that you cover all the elements above.

✦ My main problem is...