

Issues & Concerns Worksheet

List the top 3-5 concerns

Feelings

How am I feeling? Mad, Sad, Glad,
Afraid, Surprised, Disgusted

Thoughts

What do I think is going on? What are
the stories in my head? Beliefs,
judgments, influences.

Sensory Data

What have I seen, heard?

Actions

What will I do (future)? What have I
been doing (past and current)?

Wants

What do I want? For myself, for others,
for stakeholders. What are my
intentions, desires, hopes?
