

WHAT IS "IT"? WORKSHEET

The Topic ("IT"-what's bothering you): _____

Thoughts about **IT** (this shouldn't be happening, I feel so stupid, I should be better by now, etc.): _____

When did **IT** start? What was happening in your life then? _____

Does **IT** remind you of anything or anyone or any prior experience(s)? _____

Where do you feel **IT** in your body and how **IT** feels (taste, sound, texture, size, color, etc.):

If **IT** (or your body sensations of **IT**) could talk, what would **IT** say to you (1st impression here)?

What are the benefits of keeping **IT** in your life (I get disability, or I get to do what I want, or)?

Who would you be and/or how would your life be without **IT**? _____

Are there any good reasons that **IT** is happening for you (rather than to you)? _____

Feel **IT** and Rate **IT** (0-10 SUDs level): _____