

Take time to work through the thoughts and feelings you are having about your current life transition or event.

The Facts

Briefly describe the event or life transition. Resist the urge to include interpretations. Stick to the facts, for example, instead of, "I am going to be homeless and destitute," write only the facts, such as, "My landlord sent me a letter saying that I have to move out of my apartment in 30 days."

Feelings

Describe your feelings. Stick with emotion words (scared, excited, nervous) and steer clear of blaming statements such as abandoned, attacked, betrayed, which have more to do with another person than with your own emotions.

Thoughts

Write down the thoughts that you are having about this situation. What statements are repeating in your mind? What are you telling yourself?

What Do You Want?

Make a list of concrete things (actions, conversations, circumstances) that you want to see happen. Be as specific as possible. For example, instead of, "I want my friends to support me," you might say, "I would like to talk on the phone with Emily at least once a week."

What I Want to Happen	Who Can Help Me	Have I Told Them? (Y/N)

Looking over this list, prioritize these things from most important to least important. If you have not communicated to the person/people involved specifically what you need, return to this list when you are making your plan of action

