

Worksheet: Inner Issues

The following space is provided for recording inner issues that you observe. You may want to list one or two that you are aware of now. Gradually add to the list over the next weeks or months, discussing the issues with your physician, seizure counselor, or therapist as they come up. Review the descriptions and examples given above as you begin to work on the following lists:

Personal issues and conflicts:

Issues that center around relationships:

Chronic negative feeling states: