

1

The current problem in my life:

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Things outside my control that led to this problem in my life:

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Things I thought or did that led to this problem in my life:

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2

Ways to solve the problem:

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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Positive consequences:

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Negative consequences:

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3

People who can maybe help:

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Resources I have right now:

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Resources I can gather:

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4

My plan for making the best possible solution a reality:

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What I will do today and what I will do this week:

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What is the best that can happen from all of this:

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