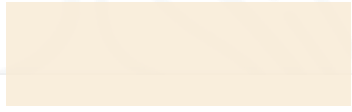
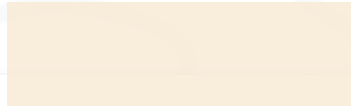




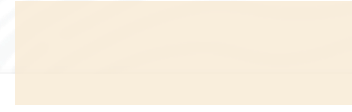
**Road Trip:
Day One**

A large, empty rectangular box with a dark red border, intended for writing the name of the problem.

The name I'm giving this problem is...

A large, empty rectangular box with a dark red border, intended for drawing an image representing the problem.

An image that represents this problem is...

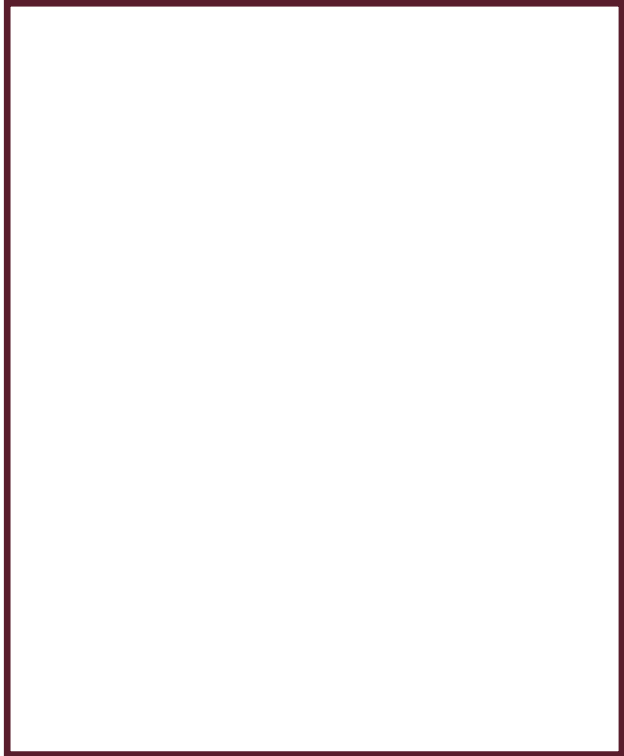
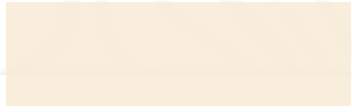
A large, empty rectangular box with a dark red border, intended for writing about the first time the problem appeared.

The first time the problem appeared in my life was...

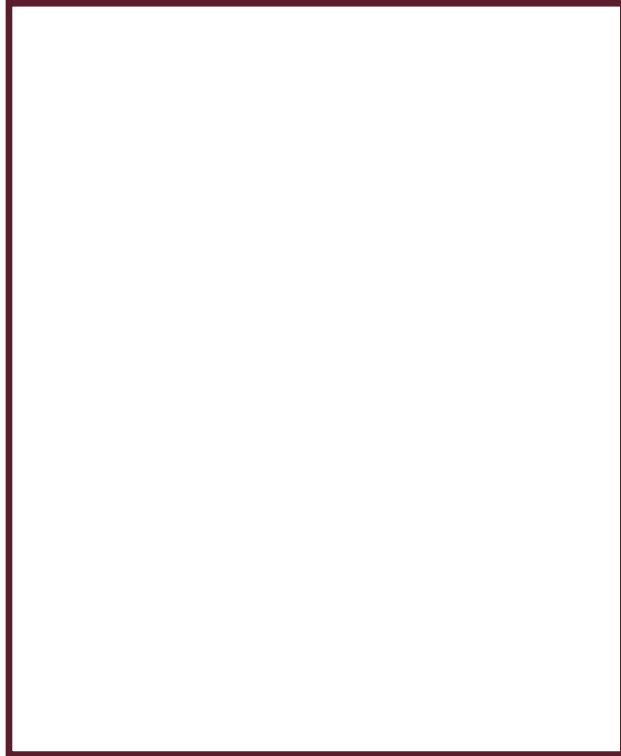
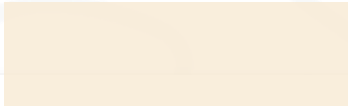


We'll be exploring the biggest problem in your health and life right now. As you reflect, write, type or draw pictures in the boxes.

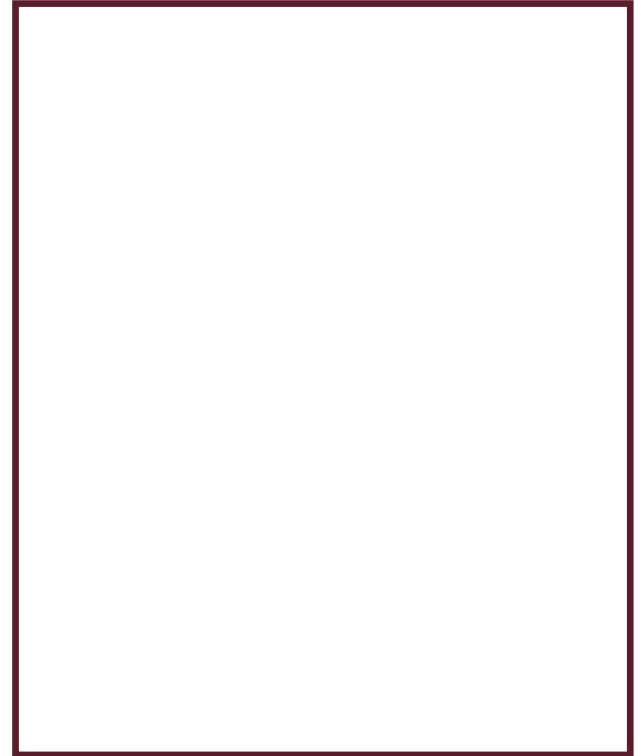
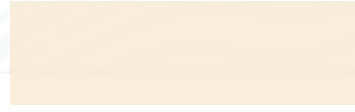




**The times and places where it
is most powerful are...**



**In order to have power,
the problem says to me...**
(it may show up with images & memories too)

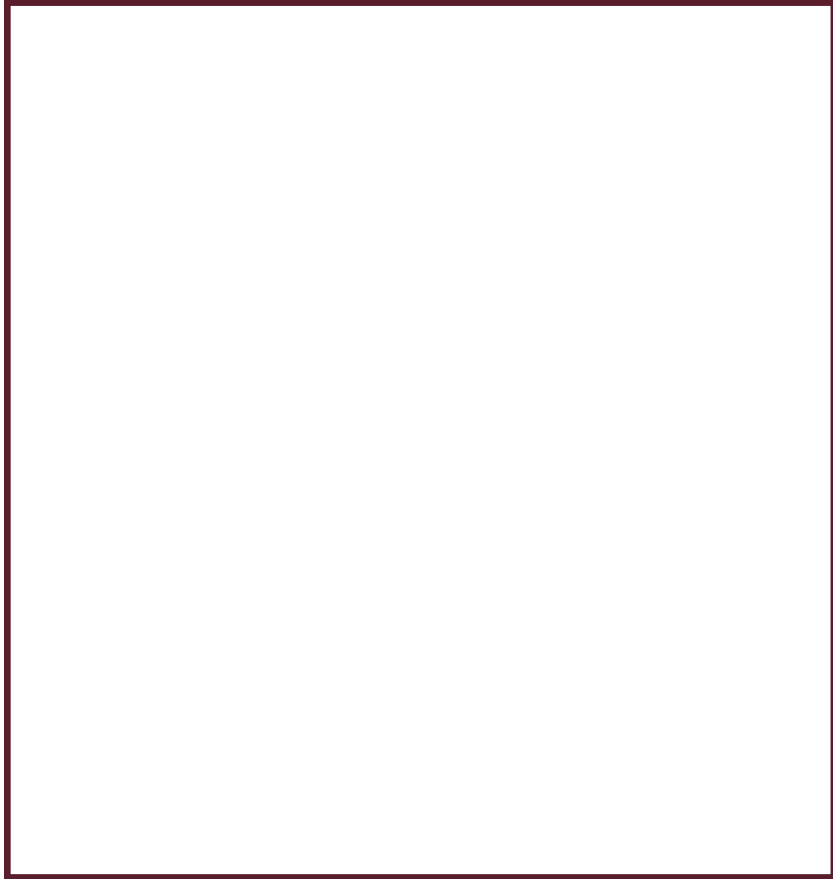
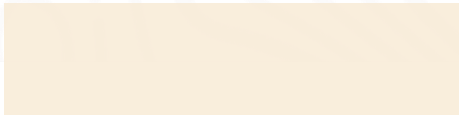


**A time when I'm powerful,
instead of the problem being
powerful...**



**As you reflect, write or draw pictures in the
boxes.**





The problem is being supported by a larger story that I should...

Often, our problems are supported by certain relationships and cultural stories. We have expectations about what our health and life should or should not be like. We want to fit in with a norm.

There are unspoken or taken for granted rules, ideas and pictures we try to live up to and they keep the problem alive and active in our lives.





My Energy & Spirit



What's Meaningful To Me



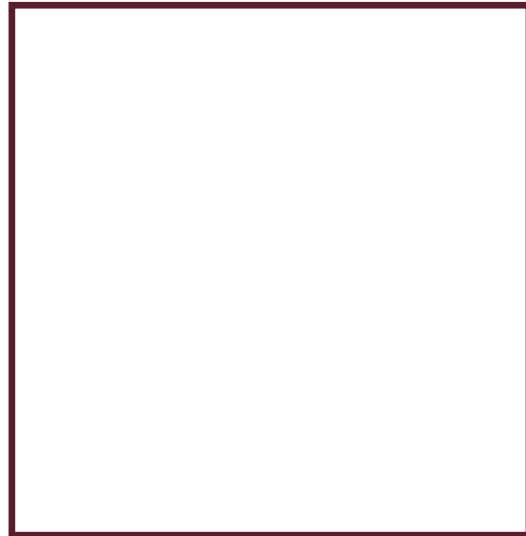
Who I Am & My Identity



My Community



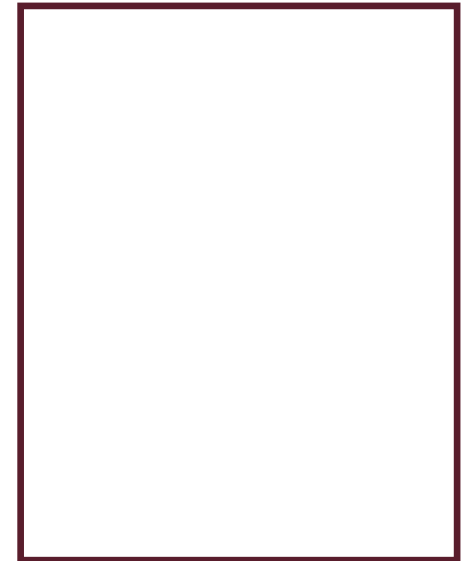
My Purpose & Passions



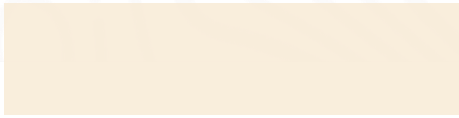
Love & My Relationships

On this page, we'll be exploring the effects of this problem on your life.

How does this problem in your health influence your experiences in each part of your life?



My Fears & My Ability to Grow



I wish to change my relationship to the problem by...

Are the effects of this problem in your life positive or negative? Or a bit of both? Do these effects fit with what you want in your health and life?

How would your life be different if you could lessen the influence of this problem? Is this something you want?

