Name:	Date:
	THERAPY FOR TEENS
What event	or trigger occurred just before 'the problem' developed?
	What is 'The Problem'?
	How do I Cope with 'the problem'?
How effe	ctive are those coping strategies? What are the pros?
How effe	ctive are those coping strategies? What are the cons?
	What else could I do/try to cope?