

IDENTIFYING THE PAYOFF FOR KEEPING YOUR PROBLEM AROUND

You may feel as if your problem is only a blight and that you get nothing out of having this problem around.

Not true.

Check all the boxes that apply to you, even if they only resonate a little bit.

Put a star next to the ones that scream at you.

- My problem is my identity. I wouldn't even know who I was without this problem.
- Happy people annoy me. I don't want to be annoying.
- Without this problem I wouldn't feel as special. My suffering makes me feel special.
- I get a lot of attention from people in my life, because I have this problem. It may be negative attention but at least it's attention.
- I am the most _____(put your problem description here) person I know, and that makes me unique. I couldn't stand it if I was the same as other people.

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