

N.E.T. Questionnaire

A "DISTRESSING ISSUE" WORKSHEET

This worksheet is designed to help your practitioner help you. If you have more than one distressing issue, start with one issue and ask for another worksheet for a different issue.

My Name: _____ Today's date: _____

1. Identify this issue with a couple of words: _____

2. Write down the details of this issue in its entirety, carefully noting all aspects of the issue and everything surrounding it. (Use the reverse side if you need additional space.)

3. Carefully note feelings, sensations, recurrent thoughts and dreams associated with this issue.

4. If there is an image or "picture in your mind" that represents this issue, what would that be?