## Couple Problem Analysis with Solutions Worksheet

Partner A :	Partner B :	Solution Behaviors
Vulnerability Factors:		
Feelings Before the Prompting Event:		
Prompting Event:		
Behaviors Leading Up to Problem: <i>Two Kinds of Behavior Links 1) Public</i> : A=ACTIONS E=Events <i>And 2) Private</i> : B=Body Sensations F=Feelings T=Thoughts U=Urges		

Problem Behavior:		
Consequences and Harm (Immediate and Delayed) to Self:		
<b>Consequences and Harm</b> (Immediate and Delayed) to Environment/Others:		