

Life Manual for _____

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|-----|---|-------|-------|
| 1. | Family (other than marriage or parenting) | _____ | _____ |
| 2. | Marriage/Couples/
Intimate Relations | _____ | _____ |
| 3. | Parenting | _____ | _____ |
| 4. | Friends/Social Life | _____ | _____ |
| 5. | Work | _____ | _____ |
| 6. | Education/Training | _____ | _____ |
| 7. | Recreation/Fun | _____ | _____ |
| 8. | Spirituality | _____ | _____ |
| 9. | Citizenship/Community
Life | _____ | _____ |
| 10. | Physical Self Care
(diet, exercise, sleep) | _____ | _____ |

Importance /10

Consistency /10

Suffering List

(thoughts, feelings, and sensations that you do not want)

Solutions List

(what you have done to reduce, eliminate, avoid, or escape your suffering)