

# **problem solving diagram**

typical episode triggers include change, loss, conflict, trauma, & threat; but after a series of distressed episodes, e.g. in recurrent depression, external triggers may become less important. it's valuable to realize as well that living organisms flourish when their needs are met – and we can learn from how we have, at least partly, achieved this in different areas of our lives at different times.

problems & wellbeing

symptoms

some possible responses

