

# M-M Therapy Problem Identifier

<b>Problems</b>	<b>Problem-Solving</b>	<b>Coping</b>
1) Personal, family, social, work, school.	1) What has and has not worked?	1) What has and has not worked?
2) Feelings about the above problem.	2) What has and has not worked?	2) What has and has not worked?
3) Feelings about the above feelings.	3) What has and has not worked?	3) What has and has not worked?

For more information, please read *Mind-Moving (M-M)*.