

Pressing Issues Worksheet

Knowing what's wrong - feeling what's right!



Dovid Feldman - LPC, AMFT

www.dovidfeldman.com

BUILDING GREAT



Building Great Marriages

8401 N. Crawford Ave STE 103

Skokie, IL 60076

(773) 209-1961

3 Pressing Issues Worksheet

Oftentimes in our relationships, when asked “what’s not working”, we can go on for hours, with long lists of issues that have built up over time and weigh heavily on our hearts. It is very important to share these issues with your coach/counselor and find some emotional resolution. But equally important is to conceptualize & prioritize the deeper problems that you feel are holding you back from intimacy.

What are “Pressing Issues”?

Pressing issues are those presenting problems, and if possible, underlying patterns that are generating resentment, bitterness, and an inability to feel close to your partner.

Additionally, I’m interested in any corresponding feelings that accompany these issues:

Ex: “Bob always shows up late. I feel disrespected, unloved, and not valued.”

What are your 3 most pressing Issues?

#1. ISSUE: _____

FEELING: _____

#2. ISSUE: _____

FEELING: _____

#3. ISSUE: _____

FEELING: _____

Solutionizing

I know it may feel out of reach right now, but it is important to have in mind - to fantasize - what your ideal resolution to the above problems would look like, and how they would make you feel.

Note: I'm not asking the *how*. That we can work on together. I'm asking the "what".

So, given our above example, "Bob always shows up late. I feel disrespected, unloved, and not valued" a possible fantasy resolution may look like this:

"I'd love for him to be more conscientious and respectful of my time, and let me know when he cannot make it. If he did that, I would feel respected, loved and honored."

What are your Fantasy Solutions to your pressing issues?

#1. SOLUTION: _____

FEELING: _____

#2. SOLUTION: _____

FEELING: _____

#3. SOLUTION: _____

FEELING: _____

Wow! You've identified your most pressing issues, and what a solution would look like! Most importantly, you have imagined how you would feel were the issue to be resolved.

This is a powerful step forward in building your great marriage! Set up a clarity-call to learn how I can help you and your partner overcome these challenges, today!



If you need help in your relationship, marriage, or your situation, give me a call.

As a licensed, trained Marriage & Family Therapist, I can help you recreate intimacy, trust and well-being.

Don't wait until it's too late. Schedule a [Free Clarity Call](#) now, to discuss how we can work together.

~Dovid Feldman 🙏



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I will forever feel that G-d gifted [@dovidfeldman](#) to me at one of the most toughest times in my life. He truly changed my perspective on relationships and even educated me on things I had no idea about especially from a males point of view.