

Looking At The Big Picture: Putting Your Problems Into Perspective

Many times when people are unhappy or depressed they have a difficult time getting perspective on their problems and forget about the “big picture.” Some people dwell on problems that are relatively unimportant in their lives. This worksheet can help. Write down a description or draw a picture of some of the small problems that you think about during the day in each of the frames. On the next page fill the large frame with words or images about the things that are *really* important in your life. You may want to keep “The Big Picture” in a prominent place to remind you of what’s important in you life.



THE BIG PICTURE

