Consulting Your Team of Advisers Worksheet

	Adviser:	Adviser:	Adviser:
What do you have to			
say about the			
situation that is			
worrying (your			
name)?			
What would you			
suggest to (your			
name) to help them			
cope with the			
situation?			
What would you			
suggest that (your			
name) could do to			
take one small step			
towards a life that			
feels more fulfilling			
and meaningful?			