

Wanting to live alone but being afraid of abandonment	Being written up at work unfairly	Having to find a new job	Traumatic event from the past	Struggling with jealousy and not wanting to express it
Feeling like I failed my child	Unkept household	Told I'm not doing enough around the house	Car constantly breaking down	Toxic family member
Unhealthy Eating Habits	Wanting to move to Washington but have to do what's best for kids	FREE SPACE	Disagreement with a partner	No time for anything essential or not
Not feeling emotionally safe	Unable to find time for own self care/therapy	Partner being upset that the children don't like her but refusing to change how she approaches them	No personal space	Summer plans nonexistent
Inability to be near partner	Education problems needing legal action	Too much to do at work for not enough pay	Work pressure from unrealistic expectations	Finances/inability to pay basic needs

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