

## Worksheet Status Quo

<b>Area</b>	<b>Status Quo</b>	<b>Feelings</b>	<b>Beliefs</b>	<b>Dreams</b>
Finance	Tight	Worried, Angry	We will never have enough.	My spouse should take a second job like me.
Body	Healthy	Worried	Fear of getting pregnant.	Having sex without being worried all the time.
Body	Too heavy	Ashamed	My partner finds me ugly and looks at other women/ men	Want to feel happy with my body and attractive to my spouse.
