

CTFAR PRACTICE PAGE

Categorize the following for effective coaching. Some have multiple answers, but pick the one you would use:

I hate my job.

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My husband left me.

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My husband makes me mad.

CTFAR

My sister is disrespectful.

CTFAR

I am in debt.

CTFAR

I don't have enough.

CTFAR

I can't leave my job.

CTFAR

There is no time.

CTFAR

I am too busy.

CTFAR

I have so much to do.

CTFAR

My son is failing math.

CTFAR

I lost my job.

CTFAR

I want a job that pays \$100k a year.

CTFAR

I weigh 300 pounds.

CTFAR

I hate my body.

CTFAR

I am sad.

CTFAR

I am depressed.

CTFAR

I want to lose 50 pounds.

CTFAR

I want to stop overeating.

CTFAR

I want to eliminate my debt.

CTFAR

I need to find a job.

CTFAR

I feel fat.

CTFAR

I feel like a failure.

CTFAR

I've had a hard life.

CTFAR

I can't keep doing this.

CTFAR

I feel stupid.

CTFAR

I am mad at him.

CTFAR

I hate her.

CTFAR

I am 50 years old.

CTFAR

She doesn't like me.

CTFAR

She gives me the creeps.

CTFAR

I overeat.

CTFAR

I overspend.

CTFAR

I can't save money.

CTFAR

I am losing my house.

CTFAR

I am sick.

CTFAR

My kids are mad at me.

CTFAR

I am mad at my kids.

CTFAR

I am frustrated with myself.

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