

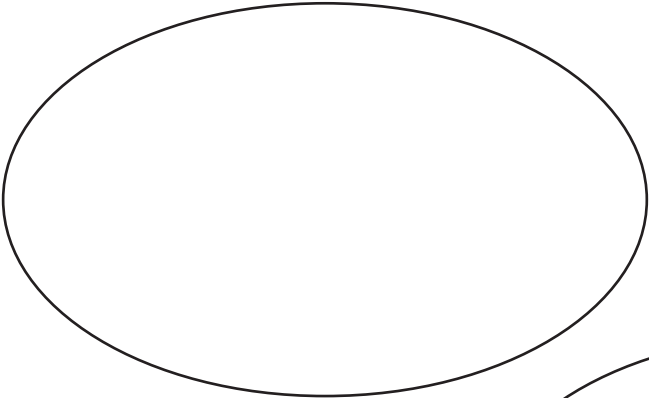


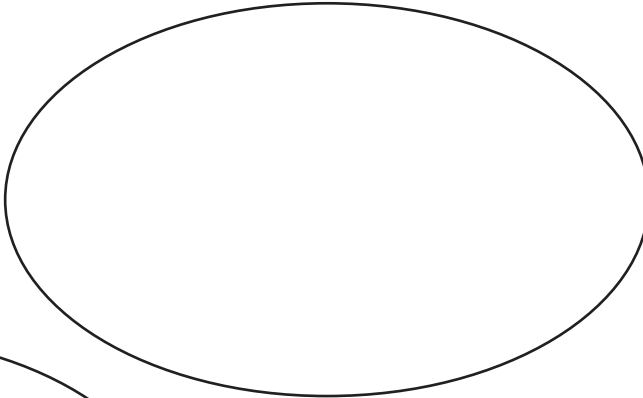
# DESCRIBING A PROBLEMATIC 3D PATTERN

3D Recovery ® Resource 1.3

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Psychological problems—like depression, anxiety, or addictions—involve an interaction between three dimensions of functioning: (1) Maladaptive Feelings, (2) Dysfunctional Thoughts, and (3) Ineffective Actions. Please reflect on your current situation and identify three parts of a dysfunctional pattern. You may want to add arrows to describe the relationship between dimensions (firing order).

**Maladaptive Feelings**  


**Dysfunctional Thoughts**  


**Ineffective Actions**  
