

Worksheet 1.1

Treatments and Strategies: Pros and Cons

The majority of people who come to us have tried lots of treatments and strategies in the past that have attempted to reduce their symptoms. We are interested in your experience with these strategies and treatments, as well as the results you have achieved with them. Please take a few moments and complete the following table.

Treatment / Strategy	Short term pros	Long term pros	Short term cons	Long term cons	What were the ultimate results of this?