

# MODEL PRACTICE PAGE

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

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**CTFAR** I hate my job.

**CTFAR** My husband left me.

**CTFAR** 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** I weigh 300 pounds.

**CTFAR** I hate my body.

**CTFAR** I am sad.

**CTFAR** I am depressed.

**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** She doesn't like me.

**CTFAR** She gives me the creeps.

**CTFAR** I overeat.

**CTFAR** I overspend.

**CTFAR** I can't save.

**CTFAR** I don't exercise.

**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.

**CTFAR** \$100k a year.

**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 stupid.

**CTFAR** I am mad at him.

**CTFAR** I hate her.

**CTFAR** I am 50 years old.

**CTFAR** I am single.

**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.

