

Sample of psychological audit of life problem

Title of the problem: _

Monetary difficulties due to cutbacks at work.

1. Description of the problem:

So, I lost my job. It was completely unexpected, and so far I have no options for where I could get a job. That means I lost my paycheck, and our family budget is going to be half of what it used to be. It wouldn't be so bad if my husband and I hadn't taken out a mortgage three years ago. Now our monthly payments are more than half of my husband's salary. And without my paycheck, it will be difficult for us to pay the mortgage and current bills. My relationship with my husband will be upset, in such a life situation, relationship problems are inevitable. He will become the only source of income in the family. The only good thing is that my relationship with my child will probably become closer. With my work was always not enough time. And in the back of my mind, I always feel some guilt because I didn't pay enough attention to my daughter. And now there will be more time. But a lot of the usual joys and pleasures will have to be abandoned: shopping and travel will not be available, and in general, I will have to live more economically, denying myself what I used to...

All in all, an unhappy outlook. A situation of uncertainty arose in my life. I am worried about how events will develop further, I am in a constant state of tension and stress. I became more irritable, I can easily switch to yelling, I became vulnerable, resentful, I can easily cry, although I do not consider myself a weak woman. I have problems sleeping and pain in the right subcostal area.

2. Impact of the problem on 9 major areas of my life (Health; Family, marriage, sex; Children; Relatives, friends, and colleagues; Money/Real Estate; Business, career, social status; Spirituality, life purpose; Brightness of life; Myself):

The scope of my life	How will the sphere of life be affected by my problem: <u>"Monetary difficulties due to cutbacks at work."</u>	Rating the impact of the problem on areas of a person's life.
Health	<i>I am in a constant state of tension, in a situation of psycho-emotional stress. I became more irritable, I can easily switch to yelling, I became vulnerable, resentful, I can easily cry, although I do not consider myself a weak woman. I have problems with sleeping and pain in the right subcostal area.</i>	9
Family, marriage, sex	<i>Losing my job and my regular personal income will greatly affect my relationship with my husband, and I don't think it will be for the better. Without my salary, I will be dependent on my husband</i>	3
Children	<i>With my job, there was never enough time for a child. And in the back of my mind, I always feel some guilt.</i>	4

Communication: relatives, friends, and colleagues	<i>The problem will affect my relationships with my girlfriends, because they may think that I am a loser...</i>	5
Money/Real Estate	<i>Monetary difficulties due to cutbacks at work.</i>	1
Money/Real Estate	<i>I'm scared of what if we can't pay the mortgage and they take our apartment away from us.</i>	2
Money/Real Estate	<i>After all, my husband's salary won't be enough for us. This causes me real horror.</i>	7
Business, career, social status	<i>I am disappointed because I spent a lot of time on my career and ended up getting fired and undervalued for my contribution to the business.</i>	4
Spirituality, Life Purpose	<i>The problem creates uncertainty in my life, I am looking for a job, but so far I have not received a suitable offer. It depresses me.</i>	10
The brightness of life	<i>This area of life will also be affected, because you will have to deny yourself what you are used to shopping, travel, etc.</i>	6
Myself.	<i>I am jealous and angry at the younger colleagues who were left in my place, even though they are nothing in terms of competence and attitude</i>	8