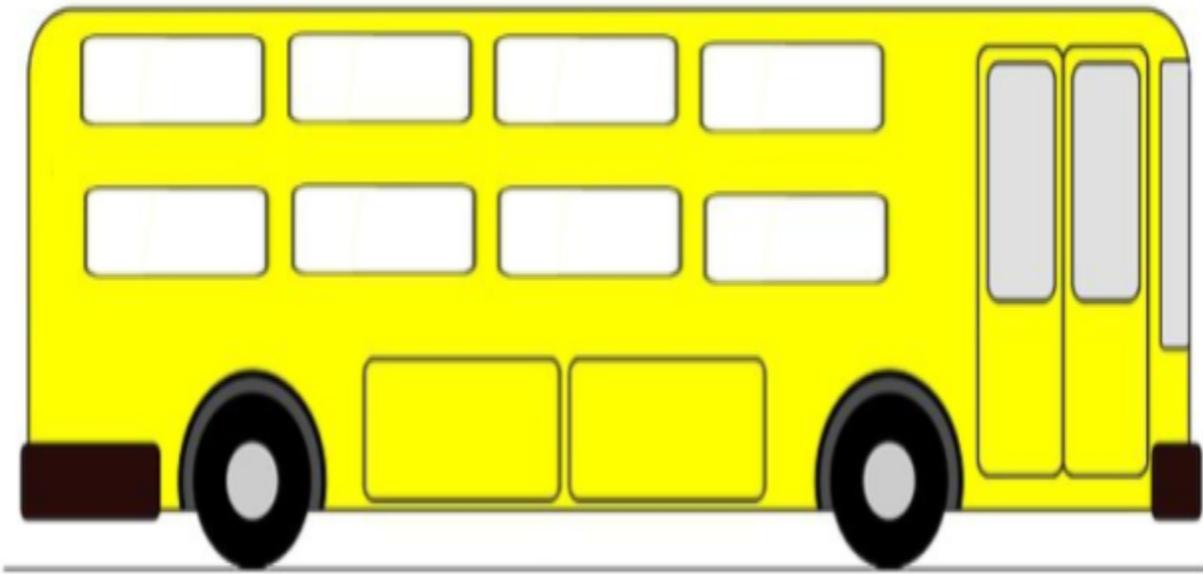




Adjustment disorder therapy worksheet



Since you are the driver of this bus, how are you going to ask for and take help from your supportive passengers?

Passenger 1 _____

Passenger 2 _____

Passenger 3 _____

Passenger 4 _____

Passenger 5 _____

References

[Zelviene, P., & Kazlauskas, E. \(2018\). Adjustment disorder: Current perspectives. *Neuropsychiatric Disease and Treatment*, 14, Article 375-381.](#)

[Mulligan, A. \(2018\). Adjustment disorders in child and adolescent psychiatry. In P. Casey \(Ed.\), *Adjustment disorders: From controversy to clinical practice* \(pp. 123–139\). Oxford University Press.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.