

PROBLEM-SOLVING TOOL

Sometimes problems and challenges occur in your life. These problems get in the way of you doing what you want to do. By following the problem-solving steps below, you can explore solutions, learn skills to become a good problem-solver, and get back to doing the things you enjoy.

Here is an example of how you can use this problem-solving tool.

IDENTIFY



1. What problem are you trying to solve?

Feeling tired

2. Why is this a problem in your life?

It takes me longer to do things, unmotivated to do household chores, not performing well at work, no energy to do things that are important to me.

3. Why is solving this problem important to you?

I want to be able to contribute to my household, my career and my family. I want to have energy to do the things that I enjoy and that are important to me.

PLAN



4. List options to solve the problem. Circle one you would like to try. Remember, you can ask others (family, friends, health care providers) for ideas to help make your list.

- Go for a short walk to help energize myself

- Do some stretching

- Talk to my health care provider to explore possible causes for fatigue and any options to manage it

- Go to bed on time

- Drink enough water

PLAN cont.



5. Your plan:

- What will you do: Drink water
- How much: One 8 ounce glass of water
- When: With breakfast, lunch and dinner
- How often: 7 days a week
- Date you will check to see if problem is solved: 2 weeks from now
- How confident are you that you can successfully complete this action plan, out of 10?

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10
Not at all Confident Somewhat Confident Very Confident

- If your confidence is lower than 7/10, what will you change to bring your confidence to a 7 or more?

Change the number of days I will drink 1 glass of water at breakfast, lunch and dinner.

I will choose 3 days - Monday, Wednesday and Saturday, instead of 7 days. I'm now at 8.

6. What do you need to have in place so that you can be successful?

- Put out a glass during meal times to prompt me to drink water
- Put lemon in the water to make it taste better so I'll be more likely to drink it
- Set a reminder on my phone and/or ask someone to remind me

EVALUATE



7. Is your problem solved? Yes No

8. If no, choose another option from Step 4 (page 1). Repeat steps 4-7. Be sure to work through as many options as needed.