

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.

IDENTIFY



1. What problem are you trying to solve?

2. Why is this a problem in your life?

3. Why is solving this problem important to you?

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.

PLAN cont.



5. Your plan:

- What will you do: _____
- How much: _____
- When: _____
- How often: _____
- Date you will check to see if problem is solved: _____
- 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?

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

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.