Problem Solving Therapy Worksheet

Name: _____ Age: _____

Mental health professional: _____ Date: _____ dd / mm / yyyy

IDENTIFY THE PROBLEM

Describe the problem:

Identify the key causes of the problem. What are the factors that are making it worse?

Identify all the potential consequences or outcomes of this problem you can think of:

Are there any factors making the problem better or more manageable?

Identify your overall goal for this problem-solving activity:

EMOTIONAL AND COGNITIVE RESPONSE

What emotions arise when you think about or are faced with this problem? Do some aspects of the problem make you feel particularly bad?

How do you think about this problem? Identify any thought patterns that are associated with this problem. Are they rational? Are they helping or making it worse?

SOLUTION GENERATION

What parts of the problem are within your control?

What parts of the problem are outside your control?

Brainstorm possible solutions to this problem. For each, identify which aspects of the problem they would solve.

SOLUTION SELECTION

Identify which of these solutions will likely be most effective, most feasible, and most likely to help you achieve your overall goal.

What are the pros and cons of this solution(s)? Pros:

Cons:

Could there be any unintended consequences of implementing this solution? What steps can you take to prevent or mitigate these?

ACTION PLAN

What are the practical steps to implementing this solution?

What cognitive strategies can you use to help you solve this problem?

What emotional regulation skills can you use to help you solve this problem?

Who in your support system can help you? How can they help?

Are there any alternative solutions can you try if your chosen solution does not go to plan?

REVIEW AND ADJUST

Date: _____ dd / mm / yyyy

What parts of your solution were successful?

What parts of your solution were less successful? Why do you think that is?

What adjustments will you make to your action plan?

MENTAL HEALTH PROFESSIONAL NOTES

Specify below: