

## Problem Solving Worksheet for Adults

### PROBLEM SOLVING WORKSHEET FOR ADULTS

Name: \_\_\_\_\_ Date: \_\_\_\_\_ dd / mm / yyyy

What is the problem or issue that you are facing? Try and be as specific as possible.

How is this problem impacting your life?

What are your desired outcomes from treatment?

Brainstorm possible solutions that will allow you to achieve your desired outcomes.