



My Problem Solving Worksheet

Step One: **What is my practical worry?**

Step Two: **What is the practical problem that I need to solve?**

(for instance, if my worry is “I don’t have enough money to pay my mortgage”, the practical problem linked to this might be “I need £200 before Friday in order to pay my mortgage”)

Step Three: **What are the possible solutions to my problem?**

(at this stage do not discount any potential solutions, regardless of how impractical you may think they are)

Step Four: **What are the strengths and weaknesses of the potential solutions I identified in Step Three?**

Step Five: **Which potential solution am I going to try?**

Step Six: **How will I carry this out?**

(what do I need to do? When will I do it? Where will I do it? Who will I do it with? Do I need any support or resources to carry it out?).

Step Seven: **Put the plan into action**

Step Eight: **Review**

(was the plan successful? Did I solve the original problem? What went well? What didn't go so well? If this solution didn't solve the problem, what did I learn from this experience that could help with future solutions?)

Step Nine: **If the plan was successful, the worry is now solved. However, if the previous solution did not work then return to step 5 and pick another potential solution to try. Keep repeating this process until the worry is solved.**