

PROBLEM SOLVING



QUICK EXPLANATION

Sometimes people can experience problems that they struggle to know how to solve or who to ask for help from. This can particularly be an issue if you feel anxious or have several problems occurring simultaneously. This is where the saying 'can't see the wood for the trees' is an apt description for when you are struggling with ongoing issues. This activity can help you think of solutions to your problems, how to implement them, and to evaluate how it went.



AIM

To help you problem solve external stressors which may be causing distress or anxiety.



INSTRUCTIONS

Look at the worksheet and work through the table provided. You can print it or write notes down in a notebook.

The table is broken down into different stages of solving a problem, which are:

- What is the current issue?
- Write down any solutions you can think of to solve this problem. These solutions can be sensible, silly, dubious or probable – the aim is to get varying ideas, as there is likely to be the correct answer hidden in plain sight.
- What are the pros and cons of each solution? This can help with choosing the most achievable and reliable solution.
- Which one is the best solution? This stage highlights the commitment to choosing one of the solutions you have come up with.
- Create an action plan – this should include where, when, how, why, with who etc.
- Carry out this action plan.
- Evaluate what went well after you implemented your action plan. Do any of the steps need to be revised? Would you do anything differently next time around?

This can be done whenever you have worries or difficulties that you are struggling to find the solutions to. It is important to use tools like this throughout our lives so that we build resilience for when life gets chaotic.

Source: [Get Self Help: Problem Solving](#)



RESOURCES

Worksheet

WORKSHEET: PROBLEM SOLVING

<p>CURRENT PROBLEM</p> <p>E.g. I am struggling with my finances and it is causing my anxiety.</p>	
<p>Write down all solutions you can think of?</p> <p>E.g. loans, part-time job, win the lottery, seek advice from the <i>, ask friends for help, visit Black Bullion</p>	
<p>What are the pros and cons of these ideas?</p> <p>E.g. realistic? More debt? Useful? Would they provide answers? Long term solutions?</p>	
<p>Which one is the best option which you could implement?</p> <p>E.g. speak to the <i> & visit Black Bullion</p>	
<p>Action Plan!</p> <p>E.g. who, where, what, when, how, who</p>	
TRY OUT YOUR IDEA	
<p>Evaluate how it went – do you need to go back to step one?</p> <p>E.g. what went well? Are there any other actions to take? Do you need to go back to any of the previous steps?</p>	