

Worksheet 14: Solving problems

These 3 simple steps turn problems into *solutions.*

Everyone who attempts to change their behaviour will experience a plateau at some point. Remember this is a normal part of any process of change.

How do you feel when you get stuck?

What thoughts do you get?

Structured Problem Solving

Write down every problem, large or small, you can think of that you have at the moment.
(getting enough sleep, managing your finances, eating issues, exercise...?)

Step 1: Defining the Problem.

Circle **one** problem above (it doesn't need to be the biggest one).

Step 2: **Brainstorming** possible solutions to this problem:

Step 3: Evaluating the Solutions.

Rank the above solutions in order of best fit for **you**.

Your next step: