



# PROBLEM SOLVING WORKSHEET

Identify the specific problem & consider the best solution

**Current Problem:** (the feelings, thoughts, behaviours and or situation that are causing me concern)



Brainstorm different solutions & pick the top 3...

**Option 1:**

**Option 2:**

**Option 3:**

↓  
**✓ Pros of Option 1:**

↓  
**✓ Pros of Option 2:**

↓  
**✓ Pros of Option 3:**

↓  
**✗ Cons of Option 1:**

↓  
**✗ Cons of Option 2:**

↓  
**✗ Cons of Option 3:**

**Choose the best option for you & practice:**

**Cope ahead plan for worst case scenario:**

