

# Problem Solving in Low Intensity CBT

## Worksheet A

### Problem Solving

#### STEP 1 Problem Identification

Write the problem you want to try and solve here.

#### STEP 2 Solution Identification

What solutions are there? Don't reject anything at this stage, however silly it may seem!

#### STEP 3 Strengths and Weaknesses Analysis

What are the strengths and weaknesses for each solution?  
Use worksheet B to write these down for each solution considered.

#### STEP 4 Solution Selection

Review strengths and weaknesses on worksheet B, select a solution and write it below.

#### STEP 5 Implementation Plan

What steps will you take to apply your solution?

#### STEP 6 Implementation

What did you do? Use worksheet C to keep a diary of exactly what you did.

#### STEP 7 Review

How did it go? Use worksheet C to review how well your solution worked.