

Dealing with Worry in Low Intensity CBT

Problem solving for worry: Worksheet A

Problem Solving

STEP 1 What Is Your Practical Worry?

Write down the practical worry you want to try and solve here

STEP 2 What Is The Problem?

Convert the worry into a problem you want to try and solve below.

STEP 3 What Solutions Are There?

Don't reject anything at this stage, however silly it may seem!

STEP 4 What Are The Strengths and Weaknesses For Each Solution?

Use worksheet B to write these down for each solution considered.

STEP 5 Select Your Best Solution

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

STEP 6 Develop A Plan To Apply Your Solution

What steps will you take to apply your solution?

Step 7 Put Your Plan Into Action

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

STEP 8 Review Your Plan

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