

## PROBLEM-SOLVING WORKSHEET

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Visit #: \_\_\_\_\_

**Review of progress during previous week:**

**Rate how satisfied you feel with your effort (0 – 10) (0 = Not at all; 10 = Super): \_\_\_ Mood (0-10): \_\_\_\_\_**

**1. Problem:**

**2. Goal:**

**3. Options/Solutions    4. Pros versus Cons**

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**5. Choice of solution:**

**6. Action Plan (Steps to achieve solution):**

**Write down the tasks you completed.**

a)

b)

c)

d)

**Pleasant Daily Activities**

**Rate how Satisfied it made you feel (0 – 10)**  
**(0 = Not at all; 10 = Super)**

**Date      Activity**

**Next appointment: \_\_\_\_\_**