

Problem Solving Worksheet

Everyone faces challenges and it's normal to feel stressed in response. Stress can make things worse and could trigger symptoms of psychosis. The good news is that you can improve your problem-solving skills and feel more in control.

There are 5 steps for problem solving, follow along below!

Step 1: Choose the Problem

- Start with a small problem to practice.
- Work with your health care provider to pick one.
- Write down the problem in detail.



Step 2: Understand the Problem

Ask yourself:

- Have I had this problem before?
- How did I handle it?
- Do I need more information?
- Who can help me? (friends, family, professionals)

Step 3: Come up with Solutions

Think of three different ways to solve the problem. Don't pick one yet - just brainstorm.



Step 4: Compare the Solutions

Look at the good and bad of each solution. Talk to your health care provider.

Step 5: Pick the Best Solution and Take Action!

Choose the best solution.

- Make a plan to act on it.
- Use goal-setting skills (check out the goal-setting worksheet).

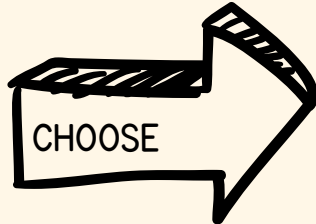
Use the worksheet on the next page to work through the five problem solving steps

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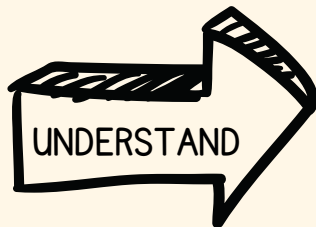
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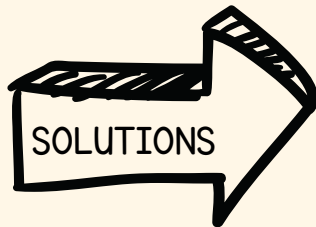
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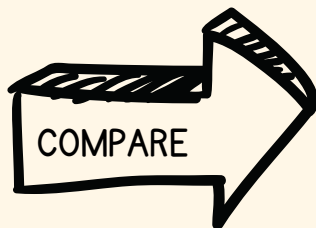
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