



## Worksheet 1

### PROBLEMS TO BE SOLVED

Problem 1:

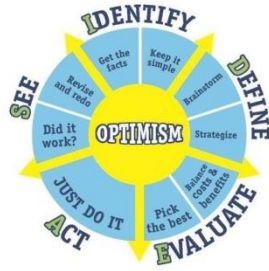
Problem 2:

Problem 3:

Problem 4:

Problem 5:

Problem 6:



## Worksheet 2 PROBLEM ANALYSIS CHART

What is the specific problem situation?

Where does the problem occur?

When does the problem occur?

Who else is involved as part of the problem?

Why does the problem occur?






How do you respond and feel when the problem occurs?

How optimistic are you about solving this problem? (Please circle a number)

Not at all	1	2	3	4	5	Very much
optimistic						optimistic

Why did you choose this problem?



<b>Worksheet 3</b>		
<b>POSSIBLE SOLUTIONS AND POTENTIAL BARRIERS</b>		
Define Possible Solutions	Evaluate Potential Barriers	Choose Best (Rank Choices) #1, #2, #3
Solution #1:		
Solution #2:		
Solution #3:		
Solution #4:		
Solution #5:		



## Worksheet 4 ACTION AND RESULTS CHART

Action Plan:

Action Tried:

See if it worked:

How satisfied are you with the result? (Please circle a number)

Not Satisfied    1    2    3    4    5    Very Satisfied

Alternative solution chosen, if not satisfied with the result:



## Worksheet 5 IDENTIFYING AUTOMATIC THOUGHTS AND FEELINGS

Problem, Conflict or Decision	Your Feelings	Your Automatic Thoughts