

**TABLE 11.2 PROBLEM SOLVING**

What is the problem?	List all the possible solutions (no matter how weird or wonderful!)	What would happen if I chose this solution? (In the short term? In the long term? To my anxiety in the future?)	Is this plan doable? Yes/No	How good is this plan? Rate 0–10	What happened?

A large, empty rectangular box with rounded corners and a vertical line on the right side, intended for writing or drawing. The box is divided into several horizontal sections by thin lines, suggesting it is a workspace for notes or a list of steps.