

Appendix 5: Simple problem-solving worksheet

Problem:

Solution Number _____:

If you answer no to any of the following, stop and pick another solution.

1. If I use this solution, will it help me to solve my problem? Yes No
2. Is this solution practical? Yes No
3. What might stop me from using this solution?
What are the roadblocks? List them here:
4. Can I navigate a way through, around, under or over these roadblocks? Yes No
5. Is this solution good enough to run with? Yes No

Overcoming Worry and Generalised Anxiety Disorder

6. List the advantages and disadvantages of this solution.

Advantages

Disadvantages

7. Using the scale below, please rate the solution

Mostly
disadvantageous

Mostly
advantageous

5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5

8. Is this solution good enough to put into action?

Yes

No

9. DO IT