



Problem solving for current worries

Use this when there is a specific problem you can take practical steps to address. Choose one problem at a time. You do not need a perfect solution.

1 Describe the problem

What is happening? State the facts rather than every possible future outcome.

2 Identify what you can influence

What is within your control? What is outside it? What would be a realistic improvement?

3 List possible actions

Write two or three options, including asking for appropriate help. Compare the likely benefits, drawbacks and effort of each.

Example: I have an overdue bill. Options might include checking the amount, contacting the provider about payment options, or seeking debt advice.



Make a plan and review it

Turn one workable option into a small, specific action. Review what happened before deciding whether another step is needed.

4 Choose a workable option

Which option is realistic and helpful? Why have you chosen it?

5 Plan the first step

What will you do, and when? What support or information do you need?

6 Plan for obstacles

What might make this difficult? How could you adapt the step?

7 Review the outcome

Review date: _____ What happened? What helped? What is your next step?

Once a plan is in place, practise returning to your day rather than repeatedly reopening it. If the remaining worry is a future possibility you cannot act on, try the worry time worksheet. Do not postpone an urgent safety or health concern.