



WELLNESS WORKSHEET 19

Problem Solving

Do you frequently increase your stress level by stewing over problems, small and large? You can generate an action plan in just a few minutes by going through a formal process of problem solving.

State the problem in one or two sentences:

Identify the key causes of the problem:

List three possible solutions:

1. _____
2. _____
3. _____

List the consequences, good and bad, of each solution:

1. _____

2. _____

3. _____

(over)

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Choose the solution that you think will work best for you:

Make a list of what you will need to do to carry out your decision. Designate a time for doing each item on your list.

After you have tried your solution, evaluate it. Was it entirely successful? What will you try differently next time?