

Appendix 6
PROBLEM-SOLVING WORKSHEET

Name: _____ Date: _____ Visit #: _____

Review of progress during previous week:

Rate how satisfied you feel with your effort (0 – 10) (0 = Not at all; 10 = Extremely): ____

Mood (0-10): ____

1. Problem:

2. Goal:

3. Solutions:

4. Pros vs. Cons (Effort, Time, Money, Emotional Impact, Involving Others)

| | | |
|----|-------------|-------------|
| a) | a) Pros (+) | a) Cons (-) |
| b) | b) Pros (+) | b) Cons (-) |
| c) | c) Pros (+) | c) Cons (-) |
| d) | d) Pros (+) | d) Cons (-) |
| e) | e) Pros (+) | e) Cons (-) |