

Problem Solving

Stress builds when people cannot find immediate & easily recognizable solutions to everyday problems. Problem-solving is a skill used to choose effective coping responses for specific problematic situations encountered in everyday living.

Write down a list of the problems currently bothering you.

List of Current Problems
1.
2.
3.
4.
5.

Step 1. Choose one problem to target and identify the cause of the problem.

Step 2. Consider a variety of approaches to address the problem, list the pros & cons for each.

Step 3. Select the most promising approach and try it.

Keep trying different approaches until you find an effective solution.

STEP 1. Targeted problem and the identified cause:

STEP 2.

Potential Solution	Pros of Using this Approach	Cons of Using this Approach

STEP 3. Choose an approach and list the steps necessary to try this approach:
