

Problem-Solving Therapy: Seven Steps

Step 1: Clarify and define the problem

Problem:

Step 2: Set a realistic, achievable goal

Goal:

Step 3: Brainstorm multiple solutions

Step 4: Compare solutions: Evaluate the pros and cons

Solutions	Pros	Cons

Step 5: Choose the preferred solution

Solution:

Step 6: Make an action plan to implement the solution

Action steps:

Step 7: Evaluate the outcome

	1											10	
	Very Bad	1	2	3	4	5	6	7	8	9	10	Great	

Satisfaction with effort:

Impact on mood:

Key learnings: