

# HANDOUT 9: PROBLEM SOLVING

WHAT IS THE PROBLEM?	LIST ALL THE POSSIBLE SOLUTIONS (NO MATTER HOW WEIRD OR WONDERFUL!)	WHAT WOULD HAPPEN IF I CHOSE THIS SOLUTION? (IN THE SHORT TERM? IN THE LONG TERM? TO MY ANXIETY IN THE FUTURE?)	IS THIS PLAN DOABLE? YES/NO	HOW GOOD IS THIS PLAN? RATE 0-10	WHAT HAPPENED?