UNSTUCK

Problem Solving Worksheet

Turn a vague, heavy problem into one defined problem and one next action, using the simple structure many clinicians teach for everyday problem solving.

How to use this sheet

1. Define the problem narrowly. 'My life is a mess' is a feeling. 'I am behind on two bills' is a problem.
2. Brainstorm options without judging them. Bad ideas on the list make room for good ones.
3. Weigh only your top two options. Comparing everything against everything is how people stall.
4. Commit to one action with a when and a where. Vague intentions do not survive a busy week.

Feelings versus problems

Overwhelm usually means several problems are stacked and none is defined. You cannot solve a stack. You can solve the top item. This sheet is for exactly one problem. Print more copies for the rest of the stack.

PLEASE READ: EDUCATIONAL USE ONLY

For educational and personal reflection use only. This worksheet is not therapy, counseling, medical advice, legal advice, diagnosis, or treatment, and using it does not create a clinician-patient relationship. It is a general template that may not fit your situation or your jurisdiction. You are responsible for checking the laws and requirements that apply where you live and for creating your own documents where needed. If you are struggling, please talk with a licensed clinician. In the United States, call or text 988 in a crisis, or call 911 in an emergency.

Step 1: The problem, defined narrowly

Specific, current, and yours to influence.

Step 2: Every option I can think of

Uncensored list. Include the silly ones and 'do nothing'.

TOP OPTION A: FOR AND AGAINST

TOP OPTION B: FOR AND AGAINST

Step 3: The option I am choosing

Step 4: The first action, with a when and a where

Example: Saturday 10 a.m., at the kitchen table, I call the billing office.

Afterward

Did the action happen? If yes, what is the next one? If no, the step was probably too big. Shrink it and try again. Effort counts even when the first attempt does not.

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Unstuck. Moments. Understood.