My Problem Solving Map

Slow down first, then put one problem into plain facts and find options.

Name: _____ **Date:** _____

1 Stop and slow down

Strong feelings make it hard to think. Notice them first.

How strong is the feeling (0 to 10)? 0 1 2 3 4 5 6 7 8 9 10

What I feel, and where in my body:

What helps me slow down (breath, walk, pause):

2 The problem, in facts

Who, what, when and where. Facts, not guesses.

What is happening:

When and where:

Who is involved:

What I want instead:

What is in the way:

How much of it can I change? Tick one.

- ☐ All or most of it
- ☐ Part of it
- ☐ Not the situation, only how I cope

3 Lots of options first

Write every idea, even silly ones. Do not judge yet.

1. _____ 2. _____
3. _____ 4. _____
5. _____ 6. _____
7. _____ 8. _____

Stuck? Ask: what would a friend try? What has worked before?

4 How I see this problem

Tick any that are true for me today

- ☐ It is a challenge I can work on
- ☐ Problems are a normal part of life
- ☐ I tend to put it off or avoid it
- ☐ I can handle at least part of it
- ☐ Solving it will take time and effort
- ☐ I tend to rush to the first idea

A more helpful way to see it:

What I would tell a friend with this problem:

One small thing I could do today:

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My Problem Solving Plan

Pick the best options, make one plan, try it, then check how it went.

Name: _____ **Date:** _____

1 Weigh my best three options

Mark each box + (good), 0 (so so) or - (poor)

Option	Likely to work?	Effort and cost	Good for me later?	Fair to others?

2 My plan

Small, specific steps I can really do

The option I choose: _____

First step: _____

When and where: _____

What or who I need: _____

If something gets in the way: _____

3 Try it and check

After I try it, look back with kind eyes

What I did: _____

What happened: _____

How well it worked: _____

What I liked about my effort: _____

Next: ☐ Keep going ☐ Adjust the plan ☐ Try another option

Good to know

1. Not a test or a diagnosis, and not a published scale. It gives no score.
2. Some problems cannot be solved. Then the goal is how I cope, and asking for help counts.
3. One plan that did not work is information. Go back to page 1 and try the next option.
4. Big or tangled problem? Split it into smaller ones and use one page for each.
5. If the problem feels too big to handle alone, bring this page to a therapist, counselor or doctor.

In the US: call or text 988 in a crisis. In immediate danger, call 911.

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