

## PROBLEM-SOLVING WORKSHEET

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Visit #: \_\_\_\_\_

**Review of progress during previous week:**

Rate how Satisfied you feel with your effort (0 – 10) (0 = Not at all; 10 = Extremely): \_\_\_\_ Mood (0-10): \_\_\_\_

1. Problem: \_\_\_\_\_ Pleasant Activities? \_\_\_\_\_

2. Goal:

3. Solutions: \_\_\_\_\_ 4. Pros versus Cons (Effort, Time, Money, Emotional Impact, Involving Others)

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