
Information from your Patient Aligned Care Team

Problem Solving Worksheet

1. Write out the problem: _____
2. Brainstorm all possible solutions. Write down anything you can think of. The goal is to get your mind flowing with ideas:

3. Critically evaluate your ideas.
 - Cross out any that are clearly unrealistic, outside your control or impossible.
 - Of those that remain, circle the top three. Write the top three below, in any order:

- For each one list all the possible pros and cons.

• Pros: _____ Pros: _____ Pros: _____

• Cons: _____ Cons: _____ Cons: _____

4. On the basis of your pros and cons, select one that you feel has the best chances of working. Implement the chosen solution. Define how you will know if the solution is working:

Assess the outcome on the following scale (circle):

No improvement Little improvement Some improvement A lot of improvement Total improvement

5. If the outcome is favorable, fine tune the solution as needed and continue to monitor it; if the outcome is unfavorable, return to Step 4.

Reference

Hunter, C.L., Goodie, J.L., Oordt, M.S., & Dobmeyer, A.C. (2017). *Integrated Behavioral Health in Primary Care: Step-by-step Guidance for Assessment and Intervention* (2nd ed.). American Psychological Association.