



STEP 3: SYSTEMATICALLY APPLY PROBLEM SOLVING

STAGE 1: IDENTIFY POTENTIAL SOLUTIONS

Write the problem that you may have broken down or converted from a hypothetical worry and work through the **PROBLEM SOLVING WORKSHEET**.

MY PROBLEM SOLVING RECORD WORKSHEET

What is the worry you'd like to try and solve? Convert this into a practical problem if not already done so.

My worry:

My practical problem?:

Identify a solution

Identify as many potential solutions as possible to the problem identified and write them down. Don't worry at this point if the solution seems ridiculous.

What are the potential solutions? (Remember not to dismiss anything too early!)

REMEMBER: Don't dismiss anything too early!