Problem Solving Method Worksheet

Step 1: Identify the Problem

Be specific!

Step 2: Brainstorm all Possible Solutions

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 

Step 3: Evaluate the Practicality and Effectiveness of Each Solution

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 

Step 4: Choose a Solution

Step 5: Use the Solution

Step 6: Review the Outcome
Challenging Problem Thoughts Worksheet

<table>
<thead>
<tr>
<th>Step 1: Identify the Underlying Problem Thought</th>
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<tbody>
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<table>
<thead>
<tr>
<th>Step 2: Evidence to Support</th>
<th>Step 3: Evidence to Refute</th>
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<thead>
<tr>
<th>Step 4: Reasoned Conclusion Based on Columns of Evidence</th>
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Managing Relationship Problems

1. Acknowledge that a relationship problem has increased your risk for bingeing. Cue yourself using the word "relationship."

2. Attempt to clarify the nature of the issue and its effect on your mood.

3. Work on resolving the problem. Manage your mood.

4. If long-term relationship issues are involved, talk with your therapist about a strategy for working through these issues.