Problem Solving



Sometimes we are anxious about certain problems. A simple way to manage our anxiety around these problems is to identify possible solutions. Identify a time in the day that you can spend twenty minutes to problem solve. If you think of a problem outside this time write it down and come back to it during your problem solving time. This can help to reduce the amount of time you worry in the day. During your problem solving time you can use this downloadable resource as a guide.

	Identify the problem(s): Write down anything you are worrying about throughout the day or at night, no matter how big or small.	
`		

List possible solutions: Choose one of the problems you've identified above and think of ways this could be solved.

- •
- •
- •
- •
- •
- •
- •
- •
- •



To help identify a solution you can pick your favourites from the list above and identify the pros and cons of each one.

Solution:				
Pros	Cons			
Solution:				
Pros	Cons			
Solution:				
Pros	Cons			
Chosen Solution:				



What do you need to do to achieve your solution? Break your chosen solution down	
into easy steps:	
1.	
2.	
3.	
4.	
5.	
6.	
Is the problem solved? If so well done. If not, try to identify why not and try again with an alternative solution. Think about what worked, what didn't and why. This may help you identify a more suitable solution.	
What worked:	
What could be improved:	

Remember that you can visit www.rapecrisis.org.uk to access confidential online support and find details of your local Rape Crisis Centre. Alternatively, you can call the national Rape Crisis helpline (run by our member Centre Rape Crisis South London) on 0808 802 9999 between 12 noon - 2.30pm and 7 - 9.30pm every day of the year for confidential support and/or information about your nearest services.