Problem Solving Worksheet for Adults

Name:	Date:
What is the problem or issue that you are facing? Try	and be as specific as possible.
How in this problem imposting your life?	
How is this problem impacting your life?	
What are your desired outcomes from treatment?	
Brainstorm possible solutions that will allow you to acl	nieve vour desired outcomes.
Brainstorm possible solutions that will allow you to define to your desired outcomes.	