Solution Focused Therapy Worksheet

Name	Date
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What is the problem you are facing?

I am struggling with the fact that I am moving away from my home town to go to College in a different state. None of my friends are moving to the same College as me and I am scared about meeting new people and being away from home.

How does this problem make you feel?

I'm feeling scared and anxious. I find it hard to make new friends and I'm worried I won't meet people easily. I don't like being lonely and I'm anticipating a lonely start to my year. I am also excited for this move and I think it's the right decision but I've been feeling extremely uneasy recently.

What are the causes of the problem?

The biggest cause is the fact I'm moving away but my close inner circle are either staying in my hometown or moving to different states.

What is your desired outcome?

I want to feel comfortable about moving to this new place. I wish I didn't feel so anxious all of the time, and want to feel confident in my own social skills.

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Finding Solutions

Solution	Pros	Cons	Ranking
Look at the enrolment list for mutual friends and reach out to people that I share similarities with.	I might find new friends easily.	Having to contact people I don't know.	2
Put myself in uncomfortable or scary social situations to practice meeting new people.	I will develop my social skills and become more comfortable meeting people.	I find this type of experience very scary.	1