

Problem Solving Sheet

Get unstuck from the worry spiral

Anxiety is a natural response to uncertainty. Worry or “what-if” thinking is an ineffective attempt to solve a problem and relieve anxiety. Unfortunately, worrying doesn’t improve the situation but worsens the anxiety.

Real problems have real solutions. This worksheet is one strategy that can be used anytime you find yourself stuck in a worry.

What am I worried about? (Write down your worry/worries)	Thoughts + label (Write down your thoughts and label them as useful or useless)	What am I going to do about it before _____? (something, nothing, plan something)

Brainstorm possible solutions	Assess solutions and pick one

Specific steps for implementing the solution	Review outcome (In what way was it effective/not effective?)

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For help translating or understanding this, please call (800) 635-9233. (TTY dial 711)