

**Problem Solving Worksheet**  
(CETA)

Name the problem – something over which you have some control	
Goal – what do you want to accomplish/ what is desired outcome	

Possible Options and Solutions (consider short and long term consequences, how much time/money/effort is needed, consider what you do/do not have control over)		
All possible Options or Solutions – Brainstorm!	Good things about this option/solution	Bad things about this option/solution

Choose one of the above solutions to do this week.

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List what are the intermediate steps you will need to do your plan.  
Consider that your steps should be realistic, achievable, stated specifically, desirable, measurable and timely

Are there any barriers or obstacles?

Internal barriers or obstacles – one’s own thoughts, feelings, energy, commitments, etc

External barriers or obstacles

Action Plan:

What to do:	
When to do it:	
Where to do it:	
How long to do it:	
Reminder Plan:	
Identify & Rate Feelings before:	
Identify & Rate Feelings after	