Linear Problem Solving

Identify a situation that brings up difficult feelings for you. Unlike a thought record, linear problem solving is for a context where the central distressing thought(s) are true and factual (e.g. “My relationship isn’t working” / “My friends are judgemental” / “My environment is too stressful” / “I simply don’t fit in with my colleagues”).

Situation:

Mood:

Thoughts:

Problem:

Refine Problem to Specific Goal:

Possible Solutions:

Evaluate Solutions:

Chosen Solution and Outcome: