

Self-care Toolkit

Structured problem solving

This worksheet is designed to assist you in developing your personal skills to better manage your current situation.

If you are having trouble understanding this worksheet or need support, please call a MensLine Australia counsellor on 1300 78 99 78.

Things to think about

When people are under pressure, it is not uncommon for them to feel overwhelmed and anxious. The thought of having to deal with everything seems to make it worse, and almost anything becomes a problem and making a decision becomes too hard.

This worksheet is about structured problem solving, and it is a technique that can give some control back and relieve the feeling of being weighed down.

Activity

Step 1:

Choose one of your current problems – a small one at first. This is just a practice run.

Example: My car won't start

What main options are there to solve this problem? Example: 1) Pay for a mechanic or 2) Try and fix it myself 3) Win TattsLotto and buy a new car

Step 2:

Firstly, you need to decide if the options you have chosen are realistic. Are they specific, tangible and are you are likely to be able achieve it? Be honest. For more information about setting realistic goals see the Goal Setting worksheet.

If the option is not realistic, then you need to rule this option off your list. For those options that are realistic, list the pros and cons of each option to solve the problem.

Option	Is it realistic	Pros	Cons
Pay for a mechanic	Y	Quickly fixed	Will cost more - may need to go into more debt
Try and fix it myself	Y	Cheaper I can assure quality	Slower to fix - I won't be able to use the car to move house this weekend I might not have the skills to fix it properly
Win TattsLotto	N	n/a	n/a

Step 3:

Out of the realistic options, which option will you now choose? Example: Try and fix it myself

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Step 4:

Now break down the option you have chosen into smaller tasks. Write down what those tasks are, when you will do them, and mark it off when completed.

Task	What do you need to do	Date to be completed by	Mark when completed
Example	<i>Buy spare parts</i>	<i>Next Tuesday</i>	✓
Task 1			
Task 2			
Task 3			
Task 4			

This worksheet is part of a series on anger management, communication and self-care. You may find it useful to complete other worksheets in this series. For more information or assistance, call MensLine Australia on 1300 78 99 78