Deal With Problems

Sometimes it’s clear that certain problems are really affecting our mood. Let’s try to deal with one today! We can’t always completely solve our problems, but there may be better ways to manage them...

Write your problem here:

Now write what you hope to accomplish:

Next, brainstorm all possible solutions in the first column. Your FAST-D provider can add ideas too. Don’t worry if the ideas are good or bad for now, just get them on the page.

<table>
<thead>
<tr>
<th>1</th>
<th>ALL possible solutions</th>
<th>Good things about this solution</th>
<th>2</th>
<th>Bad things about this solution</th>
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After you have all the possible solutions out, circle or star the ones you might actually want to try. Then write in good things and bad things about those solutions.

Do any stand out that you would like to try? Make a plan on the next page.
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Ironing Out My Plan

What I will do:

When I will do it:

Any help or support I will need:

If your plan is tricky, practice it with your counselor so you are prepared.

What are challenges or obstacles that could get in the way?

How could I overcome those?

Reviewing How it Went – At Home or in Next Meeting

Was I able to follow through?

If not, what got in the way?

If yes, did I move toward my goal? Did my mood improve?

What did I learn?

What do I want to try next?