

## Problem-Solving Worksheet

Patient's name: Sally

Date: 4/12

(When automatic thoughts, beliefs, and/or high emotions interfere with straightforward problem-solving)

1. Problem

Starting paper for economics course.

2. Special meaning: automatic thoughts and beliefs

I'm not competent enough to do it.

3. Response to special meaning

I'm competent enough to turn in something. I don't actually know how well I'll do 'til I do it.

4. Possible solutions (s)

1. Stick with original idea.
2. Jot down outline on paper (½ hours)
3. Talk about ideas to roommate.
4. Read suggested readings and take brief notes.
5. Write first draft; try for a C job, not an A job.