

DBT PROBLEM SOLVING

This problem solving worksheet will help you organize, see your problem from new angles, and identify the most important issues you face.

DEFINING THE PROBLEM

What is the problem you are facing?

What is the main emotion you're feeling from this problem?

What are the secondary emotion(s) you're feeling from this problem?

What are the causes of this problem?

DEVELOPING SOLUTIONS

What is the goal/desired outcome?