

Problem-solving Self-monitoring Form

Answering the following questions provides the therapist with necessary information regarding the client's overall and specific problem-solving approaches and reactions (Dobson, 2011).

Complete the following:

Describe the problem you are facing:

- What is the situation, who is involved, and where?
- Why is it a problem for you?

What is your goal:

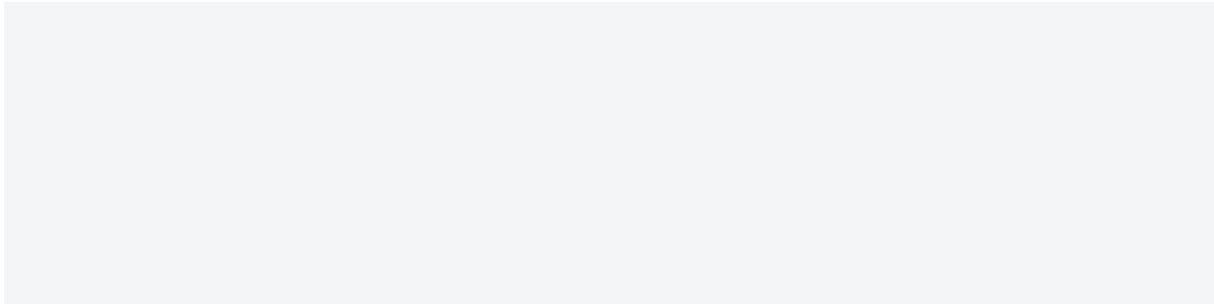
- What would you like to happen?

What have you tried so far to solve the problem:

- Be specific and describe your thoughts and actions to try and solve the problem.

What was the outcome?

- What happened when you tried to resolve the problem?
- How did you emotionally react?
- How satisfied were you with the outcome?



References

- Dobson, K. S. (2011). *Handbook of cognitive-behavioral therapies*. New York: Guilford.

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