

Resilient Problem-Solving Skills

Whether our ability or capacity to become more resilient is thwarted by *internal blocks* (such as fear, anxiety, or anger) or *external blocks* (such as failing to hit sales targets or meeting financial burden), problem-solving can help (Neenan, 2018).

The ADAPT model is a practical tool that can help with a problem-solving focus. Use this worksheet as a way of exploring possible solutions to problems faced.

Consider the following ADAPT prompts (modified from Neenan, 2018):

A = Attitude

Before you begin problem-solving, ask yourself, what positive, optimistic attitude could you adopt? For example, *I've tackled problems like this in the past - I can do so again.*

D = Define the problem and set realistic goals

Obtain all the relevant facts and identify any obstacles, then specify realistic goals for yourself.

Facts:	
Obstacles:	
Realistic goals:	

A = Alternative solutions

Generate, and write down, several different alternative solutions

Solution 1:	
Solution 2:	
Solution 3:	
Solution 4:	
Solution 5:	

P = Predict the likely consequences of each and develop a solution plan

What are the positive and negative consequences of each alternative solution?

Write down the one with the highest likelihood of reaching the goal.

Positive and negative consequences:	
Option 1:	
Option 2:	
Option 3:	
Option 4:	
Option 5:	

Preferred solution:

T = Try out the solution and see if it works

Implement the preferred solution in real-life. What are its effects?

Resilient behavior is often goal-directed. The above questions help you determine what the *right* goals are.

References

- Neenan, M. (2018). *Developing Resilience: A Cognitive-Behavioural Approach*. Abingdon, Oxon: Routledge.

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