

# Problem solving worksheet

Use the problem solving worksheet to work through a distressing situation related to your GI symptoms. To get started, you can download and type directly into this form. Or you can complete this exercise anywhere that's most convenient for you (e.g. on paper, in your phone, etc.) – just make sure to include all the fields below.

Date:

## Identify the problem:

What is bothering me? Why is this a problem?

## Is there a solution to this problem that's in my control?

### Solvable (The situation is within my control.)

Potential actions I can do:

- Take my medication as directed
- Make changes to my diet
- Practice good sleep habits
- Engage in self-care activities

### Unsolvable (The situation is beyond my control.)

Potential coping skills I can use:

- Belly breathing
- Practice mindfulness-based skills
- Talk a walk and/or exercise
- Call a loved one

## Solution I picked and why:

### Solvable (The situation is within my control.)

### Unsolvable (The situation is beyond my control.)

## How did my symptoms benefit?

### Solvable (The situation is within my control.)

### Unsolvable (The situation is beyond my control.)