

PROBLEM-SOLVING AND PRACTICAL COPING SKILLS



Feeling



Pause



Choose a skill



Next Step

1. NAME THE ACTUAL PROBLEM:



Write one sentence describing what's wrong. Skip predictions.

Best for: overwhelm, anxiety

2. SEPARATE FACTS FROM ASSUMPTIONS:



Two columns. One for what you know. One for guessing or fearing.

Best for: overthinking, anxiety

3. BREAK THE PROBLEM INTO STEPS:



Turn one big problem into small actions you can knock out.

Best for: overwhelm, procrastination

4. CHOOSE THE NEXT FIVE-MINUTE ACTION:



Ignore the whole list. Decide what's useful right this minute.

Best for: paralysis, stress

5. MAKE A BACKUP PLAN:



Decide what happens if plan A fails.

Best for: anxiety, uncertainty

6. SET ONE BOUNDARY:

Pick one behavior to change. Say it clearly.

Best for: resentment, relationship stress



7. ASK FOR PRACTICAL HELP:



Name the exact task you need help with.

Best for: stress, overload

8. POSTPONE A NON-URGENT DECISION:



If it can wait and you're hot, wait.

Best for: anger, panic, impulsivity

9. MAKE A COPING PLAN FOR A KNOWN TRIGGER:



Write down warning signs, go-to skill, who to call.

Best for: recurring stress, anger

10. REVIEW WHAT WORKED AFTERWARD:

Once settled, jot a quick note on what helped.

Best for: recurring challenges

