

Externalizing the Problem Worksheet

Name:

Date:

Identify the problem - Describe the problem or issue you are facing.

What do you think caused the problem? I.e., Identify the factors involved.

What do you think or feel when this problem occurs?

What do these thoughts and feelings make you do?

How do you usually deal with this?

How effective are your solutions?

Is there anything you would like to change about this situation? This may include the problem situation, thoughts, feelings, or your solutions.

What advice would you give to someone experiencing a similar problem?