

# Problem-Solving Even When Feeling Hopeless DBT Worksheet

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Physician's Name: \_\_\_\_\_

## Break Your Problem Into Small Solvable Steps

**Instructions:** Think of two or three small things you can do that might positively impact your problem.

## Ask for Help

**Instructions:** List the people or organizations who can help you.

## Try a Brainstorming Session

**Instructions:**

Write a problem you can brainstorm solutions for:

Who can you brainstorm with?

Write down two or three of the best solutions you came up with.

### **Challenge the Assumptions about the Nature of Your Problems**

**Instructions:** Write down any assumptions you have about your problem. Then, with someone you trust, decide and write down if they are true or false.

### **Root Cause Analysis**

**Instructions:** Write down what you think can be some of the root causes of your current problems.

### **What to Do**

**Instructions:** Write down the problem-solving strategies you think could be most helpful to you.

See how often you can use problem-solving strategies by using the chart below. Don't forget to write the situation and outcome.

Situation	Problem to Solve	Strategy	Outcome

## Reflection

What obstacles did you encounter in trying to solve problems?

Do you think you have any problems in life that are unsolvable? How will you cope with these issues in other ways?

Do you have a mentor that can help you develop better coping skills? If you do, write them here. Is there anything that's preventing you from regularly talking to this person?

On a scale from 1 to 10, how helpful was this exercise? (1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful) \_\_\_\_\_

What did you learn from this exercise?

**Reference:** Pipitone, E., & Doel, A. (2020). Rely on Your Problem-Solving Ability Even When You Feel Hopeless. In *The DBT Assignment Workbook: 50 Dialectical Behavior Therapy Activities* (pp. 173-178).