



Syracuse Integrative Psychiatry

Comprehensive care. Transformative outcomes.

Week 13: Problem Solving

Worry vs. Solving

Worrying is repetitive thinking about future negative events that leaves you feeling anxious and paralyzed. **Problem Solving** is active, focused thinking that leads to a plan.

If a problem has a solution, solve it. If it doesn't, practice acceptance (Week 14). Today, we solve.

The 7-Step Problem Solving Method

1

Define the Problem

Be specific. Instead of "My life is a mess," try "I am \$500 short for rent this month."

2

Brainstorm Solutions

List everything, even bad ideas. Quantity over quality right now. No judging yet!

3

Evaluate Pros & Cons

Go through your list. What are the advantages and disadvantages of each option?

4

Choose the Best Option

Pick the winner (or a combination of options).

5

Make a Plan

Break it down into small, actionable steps. Who, what, when, where?

6

Do It!

Execute the plan.

7

Review

Did it work? If yes, great! If not, go back to Step 2 and pick the next best option.

