

APPENDIX 2.6: SOLVE WORKSHEET

Anxiety (circle a number):

0	1	2	3	4	5	6	7	8	9	10
None		Mild		Moderate		Strong		Extreme		

Symptoms:

- ☐ Worried, nervous, or fearful
- ☐ Restlessness/keyed up/on edge
- ☐ Fatigue
- ☐ Difficulty concentrating
- ☐ Irritability
- ☐ Muscle tension
- ☐ Trouble sleeping
- ☐ Pounding or racing heart
- ☐ Shortness of breath
- ☐ Trembling or shaking
- ☐ Nausea/diarrhea/upset stomach
- ☐ Numbness or tingling
- ☐ Faintness or dizzy spells
- ☐ Hot or cold flashes

Use the “SOLVE” technique:

Specific problem:

Outline all possible solutions:

List the advantages and disadvantages of the two best solutions:

Visualize a plan for the best solution, including resources and date:

Evaluate the results: Do it and see how it worked.
