

Bridge the Gap

Problem Solving Record

What kind of worry do you have?

FUTURE BASED

Often starts with the phrase
"What if...."

It cannot be problem
solved until it is made into
an 'actual' worry

For example: "What if people laugh at me
at the party?"

It hasn't happened yet

It is based on fear

ACTUAL

A worry that is happening now
and is not imagined

It can be problem solved in different
ways

For example: "There will be lots of
people at the party"

It is happening and it is real

It is based in reality but causes unease

if you have a future based worry, try and find something to make you feel comfortable or distract yourself. Use a mind map to help you process if needed.

Step 1: Identify a problem that can be solved

Step 2: Identify potential solutions

Step 3: Planning the solution