

Problem-Solving Worksheet

The problem-solving skill helps you break down overwhelming sets of problems into more manageable chunks, prioritize which to work on first, and decide what action is best to take.

1. DEFINE THE PROBLEM: What Is the problem you want to work on first?

If you need to choose from several problems, ask yourself, "Which one of these areas is bothering me the most? Is there one that I need to deal with sooner than the other ones? Is there one that is getting worse? What do I feel most comfortable working on first?" State the problem clearly. If it is a complex problem, write down one "chunk" you can work on first.

Take a minute to ask yourself these questions about the problem:

- | | | |
|--|-----|----|
| A. Is it happening to me? | Yes | No |
| B. Is it happening between me and someone else? | Yes | No |
| C. Is it happening to someone else? | Yes | No |
| D. Is it happening between two or more other people? | Yes | No |

(If you circled "yes" to A or B, this is likely a good problem for you to work on. If you circled "yes" to C or D, this may not be a problem you can fix, but a situation for someone else to work on.)

2. SET THE GOAL: What do you want and need? What do you hope to see happen?

3. BRAINSTORM: What are some possible options to meet your goal?

Try to come up with five to 10 options.

4. CHOOSE THE BEST SOLUTION: Combine your best options into a solution.

Make a plan of committing to it in the days ahead.

Put it into action!

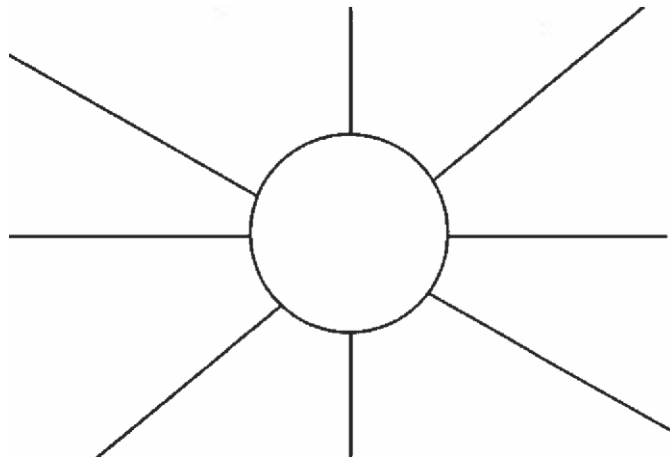
Give it a try. If it doesn't work out, you can always try other options.

Social Connections Worksheet

Having healthy connections with family, friends, and others is very helpful for people recovering after a disaster. Yet people often have upsetting emotional and physical reactions that may affect their relationships with family members, friends, and others close to them. The disaster may have physically separated you from one another, making it hard to communicate and creating lots of problems that take up your time and energy. You can take simple, concrete steps to rebuild your social connections and reach out to the people in your life whom you may not have thought of as supports.

1. Develop a Social Connections Map

Write your name in the center of the circle, and then write in the names of people, pets, professionals, or organizations that are part of your social network. Add more lines as needed.



2. Review Social Connections Map

Part A: Different people and relationships provide different types of support. Take a look at your Social Connections Map to help answer the following questions.

Who are your most important connections right now? _____

With whom can you share your experiences or feelings? _____

From whom can you get advice to help with your recovery? _____

Whom do you want to spend time with socially in the next couple of weeks? _____

Who might be able to help you **with** practical tasks (errands, paperwork, homework)? _____

Who might need your help or support right now? _____

Social Connections List

Who is available to you right now?

	People	Available?
	Mother and/or Father	0
	Other Primary Caregivers	0
	Husband/Wife/Partner	0
	Significant Others/Closest Loved Ones	0
	Siblings	0
	Children	0
	Other Family Members	<input type="checkbox"/>
	Co-workers	0
	Religious Professionals	D
	Therapist/Healer	0
	Primary Care Medical Physician	0
	Teachers/Mentors	0
	Coaches	0
	Friends/Roommates	0
	Reliable Support	0
	Pets	0
	Member of community/social/recreational groups	0
	Community agencies and individual providers (e.g., YMCA, social services, Meals-on-Wheels, Hospice)	0

Payoff Matrix Worksheet

	Keep the Thought	Change the Thought
Advantages (Pros)	In what ways does holding on to your thought make your life seem more manageable, safer, or easier to handle? Does the thought provide you with a sense of control, security, or predictability?	How could changing your thought improve your life? Consider whether changing your thought would reduce negative feelings and free you up from concerns about past events.
Disadvantages (Cons)	In what ways does holding on to your thought make your life more difficult? Consider the effects of the thought on negative feelings that prevent you from doing things you would like to do.	What are the possible disadvantages or costs of changing your thought? Would changing the thought lead to your feeling less control, security, or predictability?

Helpful Thinking Worksheet

How we think about ourselves and the things that have happened to us shape how we feel and behave. Although you cannot change what has happened, you can change your thoughts in ways that help you feel more hopeful and less overwhelmed. By focusing on helpful thoughts rather than upsetting ones, you can improve your mood and cope more effectively.

1. Identify Unhelpful Thoughts

Write a brief description of the **situation** you are in when the unhelpful thoughts come up.

Thoughts: _____

Feelings: _____

2. Identify Helpful Thoughts

Ask yourself, "What would be more helpful thoughts

New Thoughts: _____

New Feelings: _____

3. Practice the Helpful Thoughts

Decide how you will practice focusing on **new**, helpful thoughts. For example, try imagining the situation you described above, and practice saying the helpful thoughts out loud. Set aside some time daily to practice focusing on helpful thoughts.

Managing Reactions Worksheet

The combination of triggers, reminders, and chronic stress can create intense physical and emotional reactions that make it hard for you to stay calm. If you learn to manage these distressing reactions, you can reduce their negative effects on decision-making, interpersonal life, daily functioning, sleep, and physical health. You can also reduce the risk of substance abuse or other maladaptive coping responses.

1. Describe the stressful situation and the distressing reaction that is bothering you most.

2. Decide what you can do to help feel better. List the skills you can use to help reduce the distressing reaction (breathing, talking with a friend, writing). Review handouts on specific reactions to help make your list.

3. Make a plan to address stressful situations and reactions. Identify specific stressful situations that are upsetting, and identify skills to help with each.

Specific Situation	What can I do before, during, or after the stressful situation?
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Put It into action!

If it doesn't work out, you can always try another skill.