

Problem Solving Take Action

Something I learned today that made a difference: _____

I commit to try the following strategy: _____

Some other strategies I can try:

- I will utilize the Problem Solving Worksheet and solve an immediate or pending problem, even if it takes more than one attempt.
- Using the Problem Solving Worksheet, I will address a problem I foresee as likely in the future.

(This could be an event you may need help with, a decision about the holidays without your spouse, or creating a plan for home and car maintenance, if this is something your spouse did while home.)

Signed _____ Date _____

