

Solution Focused Therapy Worksheet: VERSION 2

Think and write a distressing problem that you have been experiencing recently. Think of the possible solutions and write the pros and cons of each solution.

Identify your problem & Define it

Why do you think so, you are having this problem

Separate yourself from the Problem or the problem situation

Scaling question: On a scale of 1-10, how much this problem is affecting you

Let's find different solutions:

Write each solution in the table that you are considering and then write the pros and cons of each solution

Solutions	Pros	Cons

Ask yourself the miracle question:

It is basically a hypothetical question, that you will ask yourself that what will happen if out of the blue, miraculously this problem gets solved. This will instantly give you hope and motivation in your life.

Write the solution/decision which you have chosen

Coping skills you can use to solve the problems and issues?