

Problem-Solving Worksheet: Focus on Behavior

Date: _____ Member initials: _____ Friendship Minister Initials: _____

DIRECTIONS: Use this worksheet to explore how the member is **responding behaviorally** to the problem identified. Work through each section together and revise as needed.

Introduce the *Problem-Solving Worksheet: Focus on Behavior*

- ⇒ *We are going to look at what you have done so far about the problem.*
- ⇒ *We will also identify small, realistic actions that may help improve it.*
- ⇒ *I will write down what we discuss and check with you to make sure it is accurate.*

Step 1. Identify behaviors towards the problem

Write down actions the member has taken related to the problem. (They may not have.)

(Complete only the first column in this step.)

Suggested prompts:

- ⇒ *What have you tried so far to deal with this problem?*
- ⇒ *Have you done anything, even small things, to improve it?*

Behaviors toward problem	When? / How often?	Effectiveness (1-5)

Step 2. Compliment any behavior OR Empathize with no behavior

Acknowledge the member's efforts or empathize with difficulty.

- ⇒ *If efforts were made: You tried [behavior]. That is great. I commend you for making that effort. It's really good that you tried.*
- ⇒ *If no efforts were made: It makes sense to me that you haven't been able to act yet. It sounds like a difficult problem.*

Step 3. Details of behavior

(Add details to the first column and complete second column.)

For each behavior, gather details.

- ⇒ *Tell me exactly what you did. What did that behavior involve?*
- ⇒ *When did you try this? How often did you try it?*

Step 4. Effectiveness of behavior

(Complete the third column.)

Assess how helpful each behavior has been. (Complete the third column in the table.)

- ⇒ *How effective was this? On a scale from 1 (not at all effective) to 5 (completely effective), how would you rate it?*
- ⇒ *What seemed to help? What didn't help?*

Step 5. Brainstorm new behaviors

Generate possible new behaviors. Any idea, regardless of whether it is feasible, realistic, or likely to work, can be mentioned. You can help them with this brainstorming task.

- ⇒ *Are there things you have thought you might do but have not tried yet?*
- ⇒ *Let's try to think of some things you could do—even if small or impractical.*

Step 6. Commit to one or two behaviors

From the brainstorming list, choose one or two behaviors that are realistic and feasible to try. Write them in the table. If none are selected, return to Step 4 and brainstorm more ideas.

- ⇒ *Of these ideas, which seems like you could do?*
- ⇒ *Which seems like it might be effective? Which seems like it might help with the problem?*
- ⇒ *Can you commit to try one or two of these before our next meeting?*

Behavior 1:
Behavior 2:

Step 7. Discuss how to implement behaviors

Elaborate on the behavioral plan to make it more likely for the member to attempt it. Discuss potential difficulties and how to work through them.

- ⇒ *We've looked at your behavior and its effectiveness. We also came up with some new things you can try. Trying new things is difficult, but I want to encourage you to try.*
- ⇒ *Now let's talk about how you can do this.*
 - *How can you get yourself to do this?*
 - *When could you do this? Would you need help to do it?*
 - *How difficult will it be to do? What might make it easier?*