Problem-Solving When Action Fits - Concept brief

Understand the idea behind problem-solving when action fits and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Taylor's recurring stress comes partly from unclear appointment reminders.

The idea

Some emotional situations call for practical change.

An ordinary example

Taylor's recurring stress comes partly from unclear appointment reminders.

What this can look like

Define a solvable part of a problem, generate options, compare access and consequences, and select a small test.

Check the fit

Which part of the problem can be changed with available support? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

Acceptance acknowledges the present; it does not endorse harm or remove the need for change.

Reflection

Which part of the problem can be changed with available support?

Scope and adaptation

These are selected DBT-informed educational exercises, not comprehensive DBT, phone coaching, or crisis care. Use individualized clinical assessment and existing care plans. No cold-water immersion, breath holding, intense exercise prescriptions, exposure assignments, or risk scoring are included. Behavior chains and opposite-action decisions need clinician guidance when risk or complexity is present.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Dialectical Behavior Therapy Skills Training: Fundamentals. Full source links and scope: library.morethantherapy.org/approaches/resources/DBT-A14-1