Problem-Solving When Action Fits - Review journal

Review an attempt at problem-solving when action fits and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Some emotional situations call for practical change.

Practice task

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

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. Which part of the problem can be changed with available support? My optional adjustment or support request:

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-A14-5