Problem-Solving One Barrier - Review journal

Review an attempt at problem-solving one barrier and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

Fictional example: Casey wants to attend a group but finds the route confusing.

Use an ordinary or fictional example, with a clinician when appropriate. Structured problem-solving can turn a broad difficulty into a workable task.

Practice task

Define one barrier, list options, compare access and consequences, and choose a small trial.

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 option is both useful and available? My optional adjustment or support request:

Scope and adaptation

Original IMR-informed companion exercises, not the official IMR manual, fidelity assessment, or complete IMR program. Use collaborative clinical assessment and existing care plans. Do not change medication independently, challenge distressing beliefs through confrontation, or use worksheets to determine urgency. Increased or concerning symptoms need appropriate clinical assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Illness Management and Recovery Evidence-Based Practices KIT. Full source links and scope: library.morethantherapy.org/recovery/resources/IMR-A15-5