

# Problem Solving Therapy



## A checklist of potential problem areas:

1	Relationship with partner or spouse	
2	Relationship with other family members, particularly young children	
3	Divorce/relationship ending	
4	Loss or bereavement	
5	Isolation/ loneliness	
6	Work or study problems	
7	Unemployment	
8	Money problems	
9	Legal problems	
10	Accommodation problems	
11	Harassment/bullying/abuse	
12	Alcohol problems	
13	Drug problems	
14	Physical health	
15	Sexual problems	
16	Mental Health Problems	
17	Problems with treatment for mental illness	
18	Low self esteem or confidence	