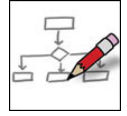


Problem Solving Therapy



Step Five: Decision Making Advantages And Disadvantages of Solutions Worksheet

Problem

Potential Solution

Advantages	Disadvantages	Neutral

Questions to think about when evaluating advantages and disadvantages.

- How will this solution affect my own wellbeing?
(physical, emotional, psychological)
- How much time and effort will it require?
- Are there any financial costs or benefits?
- How does it fit in with my other goals and commitments?
- How will it affect the wellbeing of the people who are close to me?
- Is the solution feasible?