

PROBLEM -SOLVING WORKSHEET

When using a monitoring sheet, it is best to enter the information on the sheet as soon as you can. When all the information is entered, review your sheet to determine if you have achieved your goal. If you have...Great! Keep doing what you are doing.

If you have not achieved your goal, take some time to reflect on the reason(s) why and think about what changes you can make to overcome the barrier(s). The problem-solving worksheet below can help you with this.

After reflecting on the reason(s) why you didn't achieve your goal, record each one on the worksheet. Be as specific as you can. There are 2 main groups of barriers: practical barriers and cognitive barriers. Each group of barriers has a particular problem-solving approach:

- **Practical barriers** are those related to the situation. Overcoming practical barriers requires doing something about the situation. For example, consuming hardly any vegetables and fruit one day because you had no vegetables and fruit at home is a practical barrier. To overcome this barrier you can commit to keeping a stock of vegetables and fruit at home, including frozen and canned vegetables.
- **Cognitive barriers** are those related to your thinking. Overcoming cognitive barriers requires changing the way you think. For example, one day you consume 2 slices of pizza, a large order of fries and a big bowl of ice cream. You identify that the reason you consumed more processed foods than what was on your nutrition goal is because you got some bad news and told yourself "Eating these foods makes me feel good and I want to feel better because this news made me feel bad". To overcome this barrier you can examine your thinking and identify alternative, more helpful ways of thinking about this situation. A more helpful thought could be "Eating lots of junk food because I don't feel good is **emotional eating**. This doesn't fix my problem and makes me feel guilty after I have eaten so much junk. There are many things I can do to deal with my emotions that don't include overeating such as talking with a friend, taking a brisk walk, watching a comedy show or doing a hobby."

A technique called **cognitive restructuring** is helpful for changing ways of thinking.

Below, identify barriers (reasons) why you didn't achieve your goal. Determine if this is a practical reason or a cognitive reason so that you can identify an appropriate change to make to overcome the barrier. Then, identify a way to overcome the barrier and implement that change.

Reason I did not achieve my goal	How I will overcome this barrier and get back on track
	Does overcoming this barrier require a practical problem-solving strategy or a cognitive problem-solving strategy? My problem-solving strategy to overcome this barrier (what I will do, what change I will make) is:
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