

The

# Problem-solving method

Workbook



**SUNDT**  
**SIND**



# Welcome to **SUNDT SIND**

## **In this course, you will learn how to use the problem-solving method**

Remember to always bring this workbook to your consultations at the clinic; each of these consultations will last approximately 30 minutes.

You will experience that more time is allocated compared to the usual consultations in your GP clinic.

You decide what problems and solutions you would like to work on. It needs not be related to physical illness. Through the method, you will learn how to deal with problems and challenges step by step.

## **About the problem-solving method**

The method is divided into **5 steps**, with one page for each step:

**STEP1:** Listing problems: What problems are there in my life?

**STEP2:** Clarifying problem: Why does the problem occur?

**STEP3:** Suggesting solutions: What solutions could I imagine?

**STEP4:** Choosing solution

**STEP5:** Getting started

Your healthcare provider will guide you step-by-step through the method. Once you have learned the method, you will be able to use it independently in the future.

# STEP 1 Listing problems

**What are you struggling with?  
What's on your mind at the moment?**

1

2

3

4

5

6

## **Having trouble thinking about something?**

Here are some problems that you may consider

- Financial difficulties
- Illness; own or loved one's
- Problems at study or at work
- Relationship with other family members, e.g. children
- Relationship with spouse or partner; divorce
- Harassment
- Housing conditions
- Loneliness
- Loss and grief
- Substance abuse
- Unemployment

# STEP2 Clarifying problem

Select one problem from the list in STEP1

1

When does the problem occur?

2

Where does the problem occur?

3

Who is involved in the problem?

4

How do I react when the problem is present?

5

Why does the problem arise?

## Questions for further clarification

6

Why is this issue a problem for me?

7

What does the problem prevent me from doing?

8

Final problem definition (problem to be solved):

# STEP3 Suggesting solutions

**State at least three possible solutions to your problem.**

The first solution is not always the best solution.

Do not assess whether the solution is good or bad, but write down all solutions that come up.

1

2

3

4

5

# STEP4 Choosing solution

**Consider strengths and weaknesses of all solutions in STEP3**

How much time and effort does the solution require?

Does it have economic advantages or disadvantages?

How will the solution affect the closest relations?

Finally, choose the solution you want to work with.

**Strengths**

**Weaknesses**

1		
2		
3		
4		
5		

# STEP5 Getting started

When you have chosen a solution, consider the following:

What needs to be done?

1

Where should it be done?

2

Who must be involved?

3

How should it be done?

4

# Own notes

# Own notes

**Read more about the project at**  
[www.feap.au.dk/sundtsind](http://www.feap.au.dk/sundtsind)  
(in Danish)

