



CBT Problem Solving – Housing

1. Explore the problem related to housing
e.g. transition from shelter system to independent living)
2. try to state the situation as fully as possible
3. transform the elements of the situation into a specific problem
4. consider your underlying or overarching goals for resolving the problem

<p style="text-align: center;">Situation</p> <p>[] I have to find housing by _____</p> <p style="text-align: center;">Feelings</p> <p>[] I'm feeling... (e.g. anxious, worried, resentful, angry) _____ _____</p> <p style="text-align: center;">My Concerns / Automatic Thoughts</p> <p>[] I'm not sure where to start [] I'm don't think I can do it [] I'm worried about losing services [] I'm being attacked, abandoned, etc. [] _____ [] _____</p>	<p style="text-align: center;">Problem (Identify ONE main challenge)</p> <p>[] I don't like the housing option [] I'm not sure how to evaluate my options [] I don't understand the money planning part [] [] []</p> <hr/> <p style="text-align: center;">Goals In the end, what do you want? e.g. make sure I'm getting the best option, have a clear idea of timelines</p> <p>[] [] []</p>
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Generate Potential Solutions

1. list all possible solutions without evaluating their quality or feasibility
2. eliminate less desirable or unreasonable solutions after as many possible solutions have been listed
3. given the goals for problem resolution, list the remaining solutions in order of preference

<p>All Possibilities</p> <p>- - - - - - - - - - -</p>	<p>Preferred Solutions (to evaluate further)</p> <p>1. 2. 3.</p>
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Evaluate!

Now, evaluate top 3 solutions in terms of their pros and cons

	Advantages	Disadvantages
Preferred Solution #1		
Preferred Solution #2		
Preferred Solution #3		

Decide!

1. decide on one or two solutions
2. specify actions and who will take action
3. specify how and when the solution will be implemented

ACTION STEPS	WHO	WHEN

Implement!

Re-evaluate new problems as they arise!

