

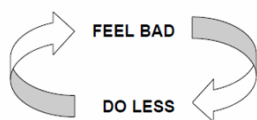
Problem Solving Treatment for Depression (PST)

PST helps you find ways to deal with hard things in your life. As you start to feel more in control of your problems, your mood will feel better too.

PST has 7 steps. Follow the steps below.

- 1. Write down the problem you want to work on.**
 - What is the problem about?
 - When and where does it happen?
 - Who is part of the problem?
- 2. Set a goal that you can do.** What would you like to happen by next week?
- 3. Brainstorm solutions.** List as many solutions as you can think of.
- 4. Think about the likely good and bad things for each solution.** What good will come from each choice? What will be hard about each choice?
- 5. Pick the solution that seems best.** Which solution makes the most sense?
- 6. Make an action plan.** Write down what you will do and when.
- 7. Think about your progress and review how you are doing.** Make any changes you need to make to your plan.

Keep doing things you enjoy. When people get depressed, they may not feel up to doing the things they enjoy. By not doing the things you enjoy, you can feel even worse. You can end up in a bad cycle.



This is why it's important to set a goal of doing at least one thing you enjoy each day. The more you do, the better you will feel.

Patient name: _____

Date of birth: ____/____/____

Problem List

1. Problems in your romantic relationships or friendships:	7. Problems with your family:
2. Problems with work or school:	8. Problems with feeling lonely or alone:
3. Problems with money:	9. Problems with spirituality or religion:
4. Problems with where you are living or who you are living with:	10. Problems with the way you see yourself or how you feel about yourself:
5. Problems with getting around on the train, car, or bus:	11. Problems with getting older:
6. Problems with health:	12. Other:

Patient name: _____

Date of birth: ____/____/____

Problem Solving Worksheet

1. What is a problem you want to work on?

2. What is your goal for the next week?

Solutions	What's good about this solution?	What's bad about this solution?
1.		
2.		
3.		
4.		
5.		
6.		
7.		

Patient name: _____

Date of birth: ____/____/____

3. Which solution will you choose?

4. Action Plan. What steps will you take to make this solution happen?

a. _____

b. _____

c. _____

d. _____

e. _____

f. _____

Review

Think about your progress in the past week.

How do you feel about your effort? Pick a number from 0-10.

0= I feel very bad about my effort.

5= I feel okay about my effort.

10= I feel great about my effort!

I feel _____.

How has your mood been? Pick a number from 0-10.

0= My mood has been very bad.

5= My mood has been okay.

10= My mood has been great!

My mood _____.