

Assessing Common Difficulties with Problem Solving

Name: _____

Date: _____

1. Is it difficult to generate more than one potential solution to a problem?

2. Do you behave impulsively in your problem-solving and decision-making activities (e.g., assume you know the full extent of a problem, the cause of a problem, or a good solution to the problem without gathering details or consulting others)?

3. Do you avoid making difficult decisions (e.g., focusing on minor issues instead of major issues, frequently requesting more time to think about things)?

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4. Are you insecure about your decisions (e.g., seeking many people's input, seeming pessimistic about accuracy) even when you have made a well-considered and reasonable choice?

5. Are you able to describe the benefits of making a difficult decision and implementing an action plan even if it is effortful or unpleasant?

6. Can you describe what you would do if your initial plan did not work out well?

7. Are you relying on the same strategies that you have used in the past even if the strategies are not appropriate to the context or if the strategies have not worked in the past?

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8. Are you able to describe the variables that should be influencing your clinical choices (e.g., safety, ease of implementation, speed of desired result) in a wide range of situations?