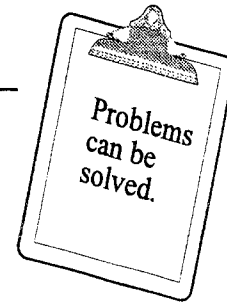


Session 9: Problem Solving.

Many things can get in the way
of being more active and eating less fat and calories.

But problems **can** be solved.



The five steps to solving a problem:

1. Describe the problem in detail.

Be specific.

Look at what led up to the problem.
Find the **action (or behavior) chain**.

Try to see the steps (links) in the action chain. Look for:

- Things that “cue” you (or make you want) to eat or be inactive.
- People who don't support you.
- Thoughts or feelings that get in your way.

Sarah's Action Chain

- Didn't eat lunch.
- Boss was critical.
- Sarah felt stressed and anxious.
- Came home tired, upset, and hungry.
- Went right to the kitchen.
- Saw cookies on counter.
- Ate cookies.



2. Brainstorm your options.

Links 

Didn't eat lunch.

Boss was critical.
Sarah felt stressed and
anxious.

Came home tired, upset,
and hungry.

Went right to the
kitchen.

Saw cookies on counter.

Some of Sarah's Options

- Quit her job. (Just kidding.)
- Pack a quick bag lunch.
- Talk with her boss about solving the problems at work.
- Take a break.
- Get support from a co-worker.
- Go for a walk after work to unwind.
- Enter house through different door.
- Plan something to do the minute she gets home (like getting out in the yard, straightening a closet or room in the house).
- Don't buy cookies.
- Keep cookies out of sight.
- Keep fruit in sight.



3. Pick one option to try.

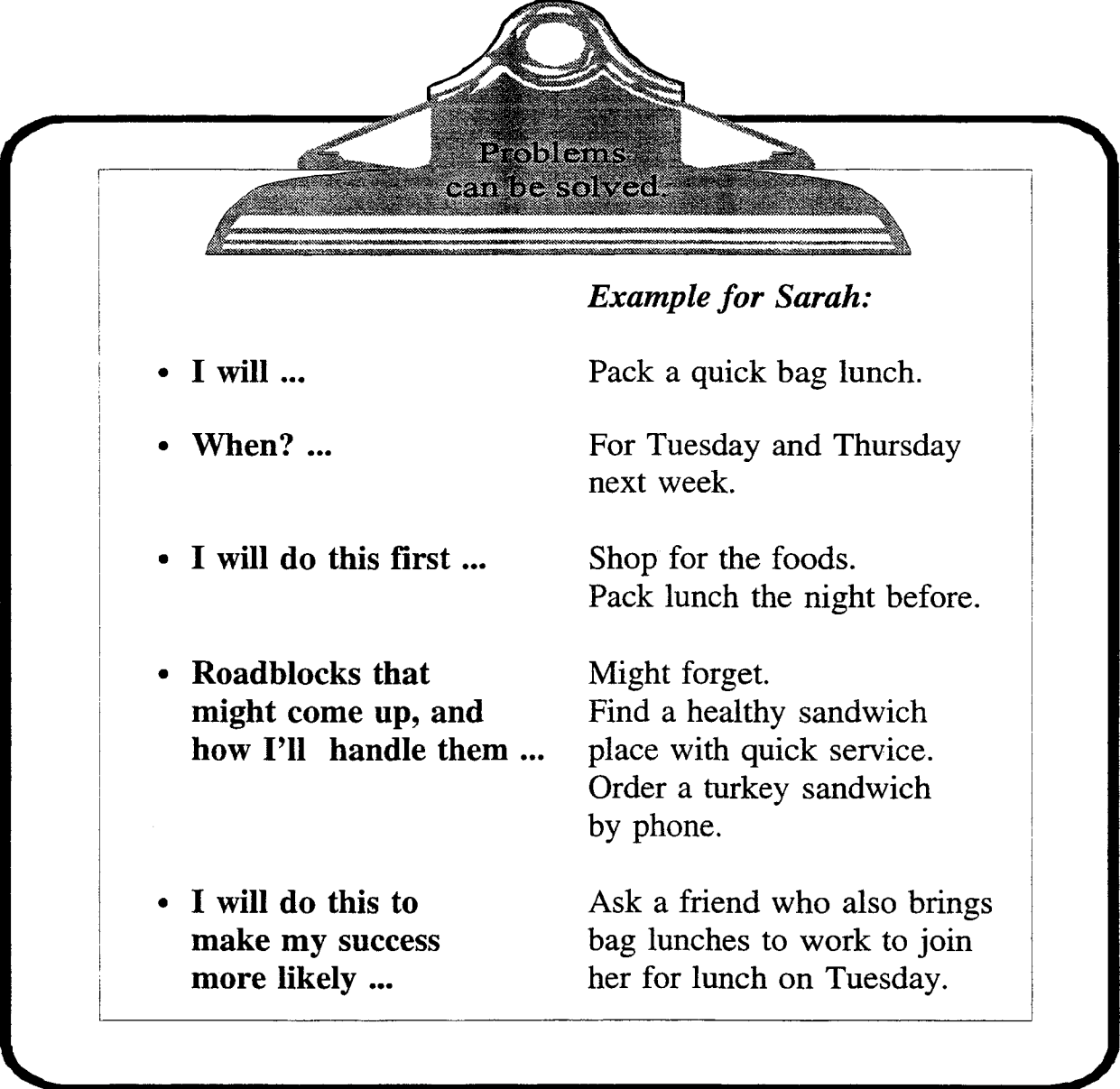
Weigh the pros and cons.

Choose one that is **very likely to work** and that **you can do**.

Try to break as many links as you can,
as early as you can.



4. Make a positive action plan.



Problems
can be solved.

Example for Sarah:

- **I will ...** Pack a quick bag lunch.
- **When? ...** For Tuesday and Thursday next week.
- **I will do this first ...** Shop for the foods.
Pack lunch the night before.
- **Roadblocks that might come up, and how I'll handle them ...** Might forget.
Find a healthy sandwich place with quick service.
Order a turkey sandwich by phone.
- **I will do this to make my success more likely ...** Ask a friend who also brings bag lunches to work to join her for lunch on Tuesday.

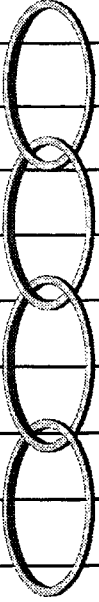
5. Try it. See how it goes.

Did it work? If not, what went wrong? Problem solve again.

Problem solving is a *process*. Don't give up!

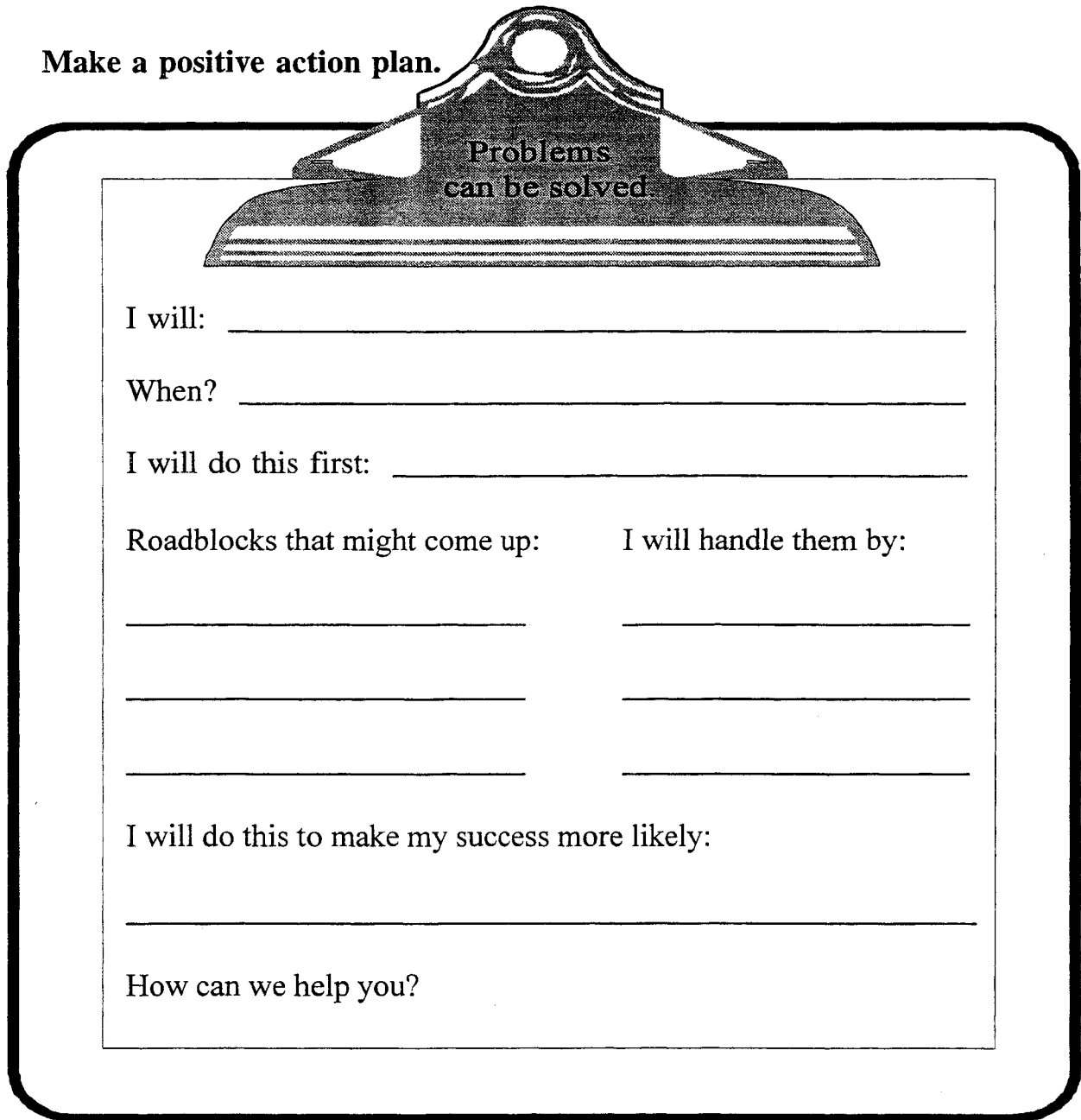
The Lifestyle Balance *Problem Solver*

Describe the problem in detail. Be specific.

Find the action chain.	Brainstorm your options.
Links	Options
	

Pick one option. Is it very likely to work? Can you do it?

Make a positive action plan.



Problems
can be solved

I will: _____

When? _____

I will do this first: _____

Roadblocks that might come up:	I will handle them by:
_____	_____
_____	_____
_____	_____

I will do this to make my success more likely:

How can we help you?



To do next week:

I will:

- Keep Track of my weight, eating and physical activity.
- Try my action plan. Did it work? If not, what went wrong?

