**Problem Solving Exercise**

The goal of this activity is to help participants to be familiar with the problem solving steps and to develop effective coping strategies.

Unhelpful thought Patterns

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| --- | --- |
| All or Nothing | Jumping to Conclusion |
| Catastrophizing | Labeling |
| Negative Filter | Blaming |
| Should or Must Statements |

**Directions:**

Choose one of the following scenarios below and use the problem solving steps (below) to address the scenario. Do you notice any unhelpful thought patterns.

1. PO Jones did not meet weight compliance, and is ineligible for advancement, reenlistment or extension, he will now receive a page 7 which could impact his evaluations. PO Jones wants to stay is the CG, but cannot seem to consistently workout and eat well with his work schedule. He states ”I just can’t maintain a consistent habit”
2. LT Garcia is a Supply Officer. He was not selected for promotion a second time. He is concerned that he will not be offered continuation and he will have to leave the CG after 15 years of service. What can I do? Probably nothing!
3. HM1 Brown was recently served divorce papers. She is deploying in 30 days and pre-deployment requirements are consuming her time. Her performance is plummeting, and she knows it can impact her performance evaluation and opportunity to for selection to Chief Petty Officer. “I wo
4. LT Delilah is a very competent Deck Officer and has proven herself on many occasions to be a very good officer. BM2 Samson is an excellent Coxswain and very popular with the Deck Force. Since returning from OVS rumors have been spreading that LT Delilah and PO Samson are romantically involved, which has caused some tension among the crew concerning favoritism. What should you do?
5. ET2 Yellsalot is in a very tumultuous relationship. He is a very jealous person, and gets angry and has very negative thoughts about what his girlfriend might be doing when he is underway. Besides his girlfriend tiring of his jealousy and anger issues, his anger and associated negative thoughts are manifesting in negative behaviors, and he has been counseled a few times by his LPO.

**Problem Solving Steps:**

1. **Describe** the problem or situation:

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1. **Check the facts** to be sure you have the right problem and correctly identify who is responsible: Are there any unhelpful thought patterns?

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1. **Identify your goal** in solving the problem:

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1. **Brainstorm** lots of potential solutions – no idea is a bad idea at this point:

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1. **Choose a solution** that fits the goal and is likely to be effective:

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1. Put the solution into **action: (List what you will do to resolve problem)**

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1. **Evaluate** the results of the solution – was it effective? If not, choose a new solution to try:

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