



weight management psychology

Problem-Solving Worksheet

Goal or aim Define what you want to do	Problem(s) & Type of Problem(s) Define the problem and type Environmental Barriers (E) Organisational Barriers (O) Social Barriers (S) Personal Barriers (P)	Strategy/Strategies to solve problem Brainstorm potential solutions (on a separate sheet of paper) and write down agreed upon solutions	Review of strategies What worked well? What could be improved upon? How to continue working well or improve further?

Types of Barriers to Weight Loss: E – Environmental Barriers (e.g., lots of unhealthy snacks in the pantry, no safe walking tracks)
O – Organisational Barriers (planning, schedules or organisation e.g., sleeping in, buying snacks at work because none at home, leaving too long between meals) **S – Social Barriers** (other people, e.g., others encouraging you to have dessert, friends cancel exercise date). **P – Personal Barriers** (unhelpful emotions and thoughts e.g., emotional eating, thinking “I will never be able to do this”)



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Completing the Problem-Solving Worksheet

Step 1 - Goal or aim

Write down what you want to achieve.

This helps you clarify what you are looking to accomplish and gives the why for completing the problem-solving to come.

Step 2 - Problem(s) & Type of Problem(s)

Define the problems or barriers preventing you from achieving your aim.

To help you identify the various problems, you can break them up into:

Environmental barriers

Barriers with the physical environment (e.g., "lots of junk food in the pantry" or "no safe walking tracks near me")

Organisational barriers

Barriers of planning, schedules, or organisation

(e.g., "I stay up late and can't get up for my morning walk" or "I always feel too busy to prepare meals")

Social barriers

Barriers with other people or lack of them

(e.g., "Mum gets upset if I don't have dessert" or "Jim always says he'll walk with me, but never does")

Personal barriers

Barriers within yourself such as thoughts, feelings, and habits (e.g., "I don't think I'll ever be able to succeed", "I don't have any motivation", or "I always say I'll do x, but then forget")

Breaking up your barriers this way can help you identify solutions that will work with different types of problems (e.g., if the problem is an Environmental barrier, changing the environment will help if it is possible).

Step 3 - Strategy/Strategies to solve problem(s)

On a separate piece of paper, brainstorm all of the potential solutions you can think of.

Then refine them by picking the most workable solution(s) and write it/them down once you have chosen.

Step 4 - Review of Strategies

Review your strategies, using the GBH technique (Good-Better-How).

A good idea is to put a reminder in your calendar, diary, or phone to ensure you remember this important step.