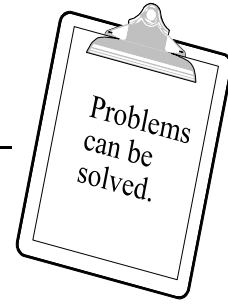


# Session 9: Problem Solving.



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*

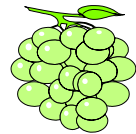
- ❖ Quit her job. (Just kidding.)
- ❖ Pack a quick bag lunch.

- ❖ 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.

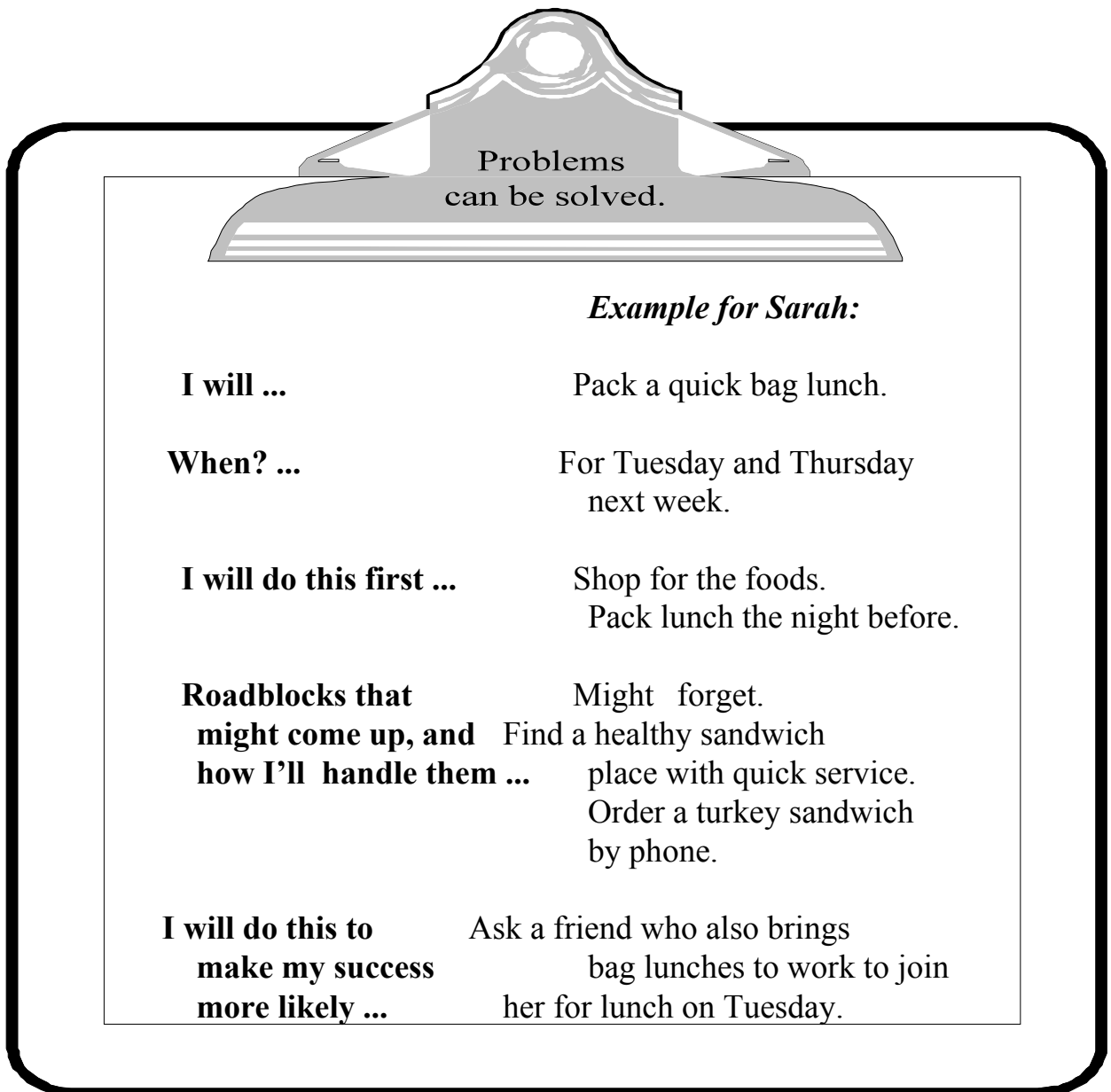
Weigh the pros and cons.

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:*

<b>I will ...</b>	Pack a quick bag lunch.
<b>When? ...</b>	For Tuesday and Thursday next week.
<b>I will do this first ...</b>	Shop for the foods. Pack lunch the night before.
<b>Roadblocks that might come up, and how I'll handle them ...</b>	Might forget. Find a healthy sandwich place with quick service. Order a turkey sandwich by phone.
<b>I will do this to make my success more likely ...</b>	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.

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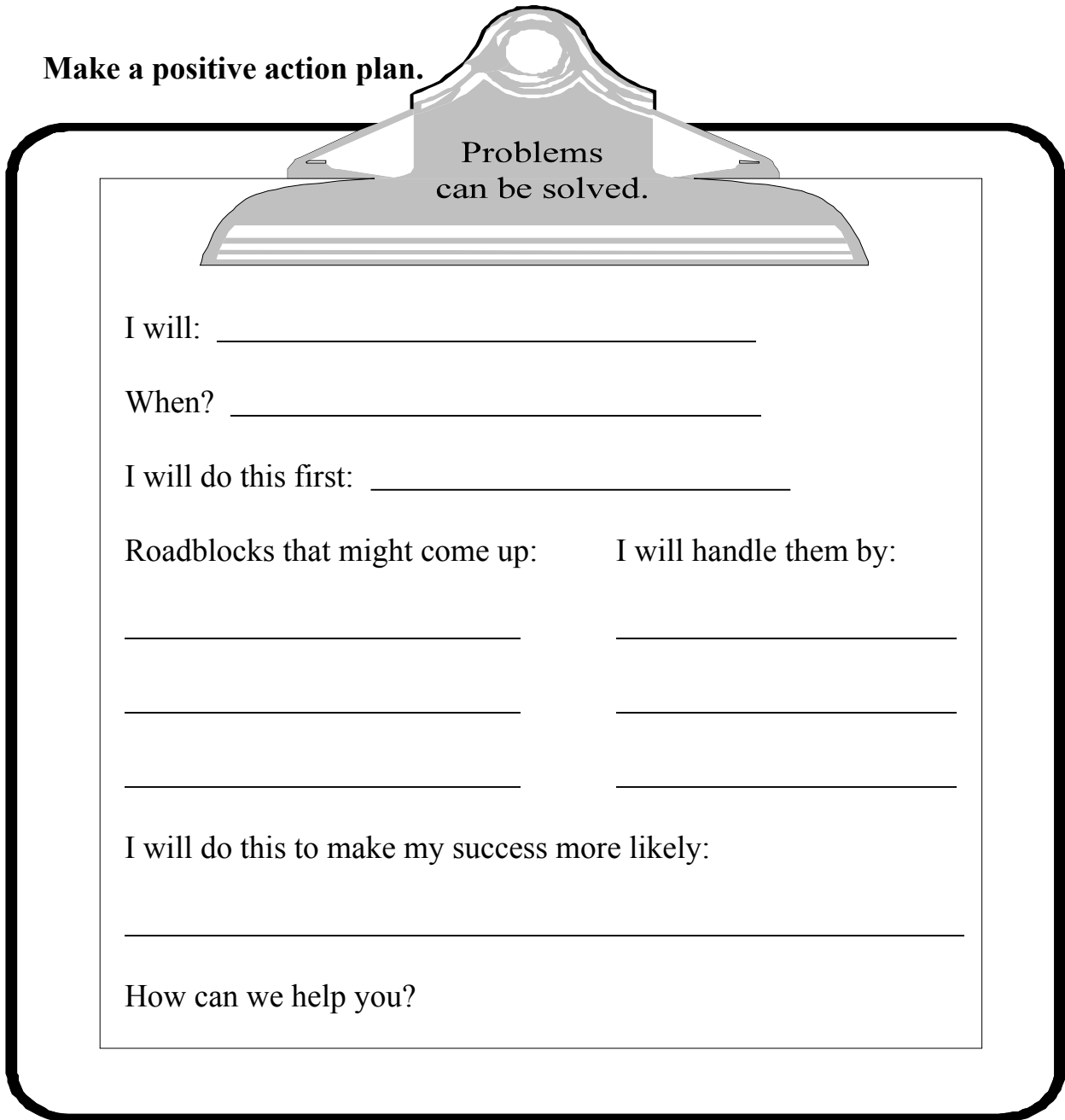
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<b>Find the action chain.</b>  <b>Links</b>	<b>Brainstorm your options.</b>  <b>Options</b>
	

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

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**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?

\_\_\_\_\_

