

# Problem-solving sheet

Self-management website for people who have had a stroke [www.selfhelp4stroke.org](http://www.selfhelp4stroke.org)

## Topic 5 Coping with setbacks

Step	Tips	
1	<p><b>Identify the problem</b></p> <p>Break it down into smaller steps</p>	
2	<p><b>List solutions</b></p> <p>Write down as many ideas as you can think of, even if they seem silly</p>	
3	<p><b>Barriers</b></p> <p>Think about possible barriers. Choose one of your ideas that looks more likely to work.</p>	
4	<p><b>Plan</b></p> <p>Plan out step-by-step what you want to do. Think - What? Who? How?</p>	
5	<p><b>Do it</b></p> <p>Take the first step</p>	
6	<p><b>Review</b></p> <p>Review how it went What have you learned? Would you do it differently next time?</p>	