

Kim's Problem Solving Process

I went through this process to help with stopping impulsive behaviors that were usually a result from being overstimulated or emotionally dysregulated. Once I acted out impulsively (and dealt with the consequences) I wrote out the answers to the following questions. It really helped me to replace unhealthy coping strategies with positive coping strategies. You can also use this with positive coping strategies as a way to analyze desirable behaviors that can be repeated in the future.

Answer the following:

1. Describe the situation
2. List personal vulnerabilities and environmental factors that may have contributed to the behavior.
3. What was my body feeling? What emotions were I feeling?
4. What need does the feeling/emotion signal?
5. How did my behavior affect me? How did it affect those around me?
6. Was there a positive outcome from the behavior? If the answer is no, list what the desired outcome would be.
7. Was my behavior healthy? If no, describe some alternative strategies I could have done instead?
8. How can I rectify the situation (if warranted)?
9. What will I do next time I am in a similar situation?



Problem Solving Worksheet

This is adapted from the workbook Living Well on the Spectrum by Valerie L. Gaus, PHD. It is a summary of the questions that are used for the Problem Solving Worksheet

1. Identify problem
2. Define your goal-What would you like to see change to minimize the problem you identified?
3. Identify the Obstacles in the way of your achieving the goal-Think in terms of thinking, social, emotional, and sensory/movement differences.
4. What are the possible solutions for the problem
5. Consider the consequences of each solution-Make a pros and cons list for each strategy (think about how likely is it to get me closer to my goal and how much effort, cost, or damage would this strategy involve?)
6. Choose the best ones to try first-Write out...Where will I do it? When will I do it? What do I need to do it? How will I do it?? Who can help me if needed?
7. Implement solution and track progress



Signals and Impulse Management



Red light signals _____



Yellow light signals _____



Green light signals _____

- Focus on the “yellow light.”
- This is the “pause.”
- What are you feeling?
- Identify the emotion.
- Plan a response to that emotion



5	mad
4	angry
3	upset
2	bothered
1	happy

