

Healthy Living Plan Section 2: Problem Solving

- Step 1: Describe the Target/Problem/High Risk**
(BCA- identify drivers/risk factors)
- Step 2: Brainstorm Solutions**
(Draw from skills, strengths, and supports)
- Step 3: List the Pros & Cons of Your Ideas**
(In light of values, short-term AND long-term goals)
- Step 4: Plan, Commit & Take Action**
(Action and troubleshooting steps)
- Step 5: Check Out Your Results**
(Check in with youth during the week or at following session regarding action plan implementation)

Comments for counselors about Section 2:

- DBT is a problem solving-focused treatment. The process of describing problems using the BCA and creating & practicing solutions and troubleshooting plans is a primary activity in individual DBT sessions.
- The youth and counselor can use problem solving worksheets throughout treatment in order for the youth to document and keep track of the work done solving problems and working toward goals.
- Not all of the worksheets will necessarily go in to the youth's folder that goes with the youth to parole. A youth may potentially complete dozens of worksheets over the course of his treatment.
- The youth and counselor use information gathered over the course of treatment to learn what drives problem behavior, as well as what drives and supports skillful behavior.
- The youth will use information gathered over the course of treatment to create his transition plan, with the support of his counselor.

Step 1: Describe the Target/Problem/High Risk with a (BCA)

Behavior Chain Analysis

EVENTS in the Chain (Try not to leave any of these things out of the BCA)

Thoughts:	What you were thinking- beliefs, judgments, descriptions, self talk, assumptions.
Emotions:	What you were feeling- for example: angry, sad, afraid, guilty, jealous, embarrassed.
Body Sensations:	What was happening in your body- tightness in you muscles, heart racing, stomach in knots, sweaty palms
What I Did (Actions)	Anything you say or do - yelled, ran away, clinched my fists, hit the wall
What happened (In the Environment)	Anything that other people say or do, consequences, results- something gets broken or fixed.

PARTS of the Behavior Chain Analysis

V = Vulnerability:	Anything going on inside of me or around me that increases my risk for reacting to a cue with a problem behavior.
C = Cue:	What happens around me that starts the ball rolling toward the problem behavior.
L = Links:	Everything that happens inside of me and around me after the cue and before the problem behavior.
T = Target Behavior	The specific action being looked at using the BCA.
O = Outcomes	What happens inside of me and around me (+😊 or -😞) right after the problem behavior.
Function	What problem was I trying to solve or goal was I trying to get with the behavior? What did I want to happen as a result of doing the behavior?
Drivers	Beliefs, attitudes, thoughts, body sensations, emotions, rewards, and actions that seem to strongly influence a behavior.

Example #1:

	I thought	I was feeling	Body Sensations	What I did	What happened
<u>V C L T O</u>					<i>I didn't do my detail and I argued with staff about it, and I got low scores at school most of the week.</i>
	I thought	I was feeling	Body Sensations	What I did	What happened
<u>V C L T O</u>					<i>Bob the staff told me to go to my room after dinner because I didn't have enough points to watch the movie.</i>
	I thought	I was feeling	Body Sensations	What I did	What happened
<u>V C L T O</u>					<i>I was thinking that it was unfair that my peers got to stay out for the movie and I didn't.</i>
	I thought	I was feeling	Body Sensations	What I did	What happened
<u>V C L T O</u>					I was mad.
	I thought	I was feeling	Body Sensations	What I did	What happened
<u>V C L T O</u>					<i>I clenched my fists and yelled "F this program!"</i>
	I thought	I was feeling	Body Sensations	What I did	What happened
<u>V C L T O</u>					I was breathing heavy and my cheeks were on fire and I couldn't think straight.
	I thought	I was feeling	Body Sensations	What I did	What happened
<u>V C L T O</u>					I said "Screw you!" to Bob and I kicked a chair across the room
	I thought	I was feeling	Body Sensations	What I did	What happened
<u>V C L T O</u>					Bob cleared the Floor
	I thought	I was feeling	Body Sensations	What I did	What happened
<u>V C L T O</u>					Felt a rush- heart racing
	I thought	I was feeling	Body Sensations	What I did	What happened
<u>V C L T O</u>					Bob and the security people talked me down. Said they knew why I was angry and they didn't want me to get in to more trouble. Bob said "Let's stop and breathe before this gets any crazier" and they just stood there saying nothing.
	I thought	I was feeling	Body Sensations	What I did	What happened
<u>V C L T O</u>					I just stood there looking at them and my breathing started to slow down.
	I thought	I was feeling	Body Sensations	What I did	What happened
<u>V C L T O</u>					Bob said "Good. You look like you are calming down. Lets walk down to your room." They walked me down. Bob said it was good that I turned it around, because he knew that before I would always get assaultive and he didn't want me to get any more assault charges.
	I thought	I was feeling	Body Sensations	What I did	What happened
<u>V C L T O</u>					My anger was way down. I thought Bob knew I was frustrated at myself and that was why I did what I did. My body relaxed. I said I wanted to do a problem solve.

Example #2-Activity: Fill in the BCA below in the same way Example #1 was filled in

I thought I was feeling Body Sensations What I did What happened
V C L T O My mom and I were arguing the night before

I thought I was feeling Body Sensations What I did What happened
V C L T O She is always telling me what to do.

I thought I was feeling Body Sensations What I did What happened
V C L T O I woke up late for school

I thought I was feeling Body Sensations What I did What happened
V C L T O I was tired

I thought I was feeling Body Sensations What I did What happened
V C L T O Mom yelled for me to get out of bed

I thought I was feeling Body Sensations What I did What happened
V C L T O She's always yelling at me

I thought I was feeling Body Sensations What I did What happened
V C L T O She made me mad

I thought I was feeling Body Sensations What I did What happened
V C L T O My stomach was all in knots

I thought I was feeling Body Sensations What I did What happened
V C L T O I told her to shut up and leave me alone and went back to sleep.

I thought I was feeling Body Sensations What I did What happened
V C L T O She stuck her head in the door and said "what about your parole agreement?"

I thought I was feeling Body Sensations What I did What happened
V C L T O I threw a shoe at her and told her to leave me alone.

I thought I was feeling Body Sensations What I did What happened

V C L T O If she wasn't yelling at me all night, maybe I wouldn't be so tired and grumpy.

I thought I was feeling Body Sensations What I did What happened

V C L T O I was really frustrated with this crap.

I thought I was feeling Body Sensations What I did What happened

V C L T O Mom left for work

I thought I was feeling Body Sensations What I did What happened

V C L T O My P.O. came to my house and said I was going to get revoked for assaulting my mom and skipping school.

I thought I was feeling Body Sensations What I did What happened

V C L T O I am in big trouble now- I did it again. I can't stay out of trouble.

I thought I was feeling Body Sensations What I did What happened

V C L T O I don't wanna to go back to Maple Lane. I'll miss my girlfriend.

I thought I was feeling Body Sensations What I did What happened

V C L T O I am mad at myself for screwing up.

I thought I was feeling Body Sensations What I did What happened

V C L T O My mom is mad at me to. She says she is afraid I will try to hurt her.

I thought I was feeling Body Sensations What I did What happened

V C L T O I would never hurt my mom.

I thought I was feeling Body Sensations What I did What happened

V C L T O I am sitting in Maple Lane for a month.

I thought I was feeling Body Sensations What I did What happened

V C L T O

I thought I was feeling Body Sensations What I did What happened

V C L T O

I thought I was feeling Body Sensations What I did What happened

V C L T O

I thought I was feeling Body Sensations What I did What happened

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I thought I was feeling Body Sensations What I did What happened

V C L T O

I thought I was feeling Body Sensations What I did What happened

V C L T O

Problem Solving

Step 1 & 2: Describe the Target & Brainstorm Solutions

This is an assignment for looking back on the target you just chained.

What was the situation?

What was your problem behavior?

List the things (drivers) that led you to do your problem behavior instead of doing something else:

Before you start coming up with solutions, take a minute to think about your values... list a couple of values that are really important to you that might have to do with this situation. Or might influence you to do something different:

List the skills, strengths and supports you have that will help you solve this problem:

Problem Solving

Step 2 & 3: Brainstorm Solutions & List Pro's and Con's of Your Ideas

(You may complete one of these worksheets for each driver that influenced your target behavior)

List a Driver from the previous page:

Driver 1

What are the Pros & Cons of making changes with this driver or NOT making changes and doing things the same way you did in this situation?

Pros:

Cons:

Making Changes

NOT Making Changes

Brainstorm Solutions to address your driver: List as many solutions, ideas, coping strategies and short-term goals as you can think of:

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Now pick your two favorite ideas and look at the pros and cons of each. Make sure you're thinking about both short and long term goals outcomes.

Favorite Ideas	Pros & Cons/Obstacles for each solution idea
Idea 1:	Pros/Rewards of Idea 1: _____ _____
	Cons & obstacles of Idea 1: _____ _____
Idea 2:	Pros/Rewards of Idea 2: _____ _____
	Cons & obstacles of Idea 2: _____ _____

Problem Solving

Step 2 & 3: Brainstorm Solutions & List Pro's and Con's of Your Ideas

(You may complete one of these worksheets for each driver that influenced your target behavior)

List a Driver from the previous page:

Driver 2

What are the Pros & Cons of making changes with this driver or NOT making changes and doing things the same way you did in this situation?

Pros:

Cons:

Making Changes		
NOT Making Changes		

Brainstorm Solutions to address your driver: List as many solutions, ideas, coping strategies and short-term goals as you can think of:

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Now pick your two favorite ideas and look at the pros and cons of each. Make sure you're thinking about both short and long term goals outcomes.

Favorite Ideas	Pros & Cons/Obstacles for each solution idea
Idea 1:	Pros/Rewards of Idea 1: _____ _____
	Cons & obstacles of Idea 1: _____ _____
Idea 2:	Pros/Rewards of Idea 2: _____ _____
	Cons & obstacles of Idea 2: _____ _____

Problem Solving

Step 2 & 3: Brainstorm Solutions & List Pro's and Con's of Your Ideas

(You may complete one of these worksheets for each driver that influenced your target behavior)

List a Driver from the previous page:

Driver 3

What are the Pros & Cons of making changes with this driver or NOT making changes and doing things the same way you did in this situation?

Pros:

Cons:

Making Changes	_____	_____
	_____	_____
	_____	_____
NOT Making Changes	_____	_____
	_____	_____
	_____	_____

Brainstorm Solutions to address your driver: List as many solutions, ideas, coping strategies and short-term goals as you can think of:

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Now pick your two favorite ideas and look at the pros and cons of each. Make sure you're thinking about both short and long term goals outcomes.

Favorite Ideas	Pros & Cons/Obstacles for each solution idea
Idea 1:	Pros/Rewards of Idea 1: _____ _____
	Cons & obstacles of Idea 1: _____ _____
Idea 2:	Pros/Rewards of Idea 2: _____ _____
	Cons & obstacles of Idea 2: _____ _____

Problem Solving

Step 4: Plan, Commit & Take Action

NOTE: YOU WILL NEED TO CHECK BACK ON THIS WORKSHEET LATER TO CHECK THE RESULTS...

Action Plan: Putting solutions into action takes planning and practice. Write out the steps for your solution below. Describe what happened when you did each step.

	Step	✓ Done	Did you get to practice this action step in a current situation? If so – What Happened?
1	 <hr/> <hr/>		 <hr/> <hr/>
2	 <hr/> <hr/>		 <hr/> <hr/>
3	 <hr/> <hr/>		 <hr/> <hr/>
4	 <hr/> <hr/>		 <hr/> <hr/>
5	 <hr/> <hr/>		 <hr/> <hr/>

If-Then Plans: All good plans need back-up plans. Think about what might go wrong with your plan, and make a back-up plan for how you will handle it. Then record what happens.

Step	IF “(describe obstacle)” happens THEN I’ll “(describe plan)”	✓ Done	What Happened? (For current behaviors only) (Did the obstacle happen? If so, did you use your plan?)
1	 <hr/> <hr/>		 <hr/> <hr/>
2	 <hr/> <hr/>		 <hr/> <hr/>
3	 <hr/> <hr/>		 <hr/> <hr/>

Rate your commitment to follow through with your action plan and back-up plan (Put a check above e one number):

1	2	3	4	5	6	7	8	9	10
Low Commitment			Medium Commitment				High Commitment		

How can you increase your commitment (For example, share it with a support person-friend or family; make a poster to remind you to follow through).

Problem Solving

Step 5: Check Out Your Results

List the Driver you worked on:

NOTE: Now is the time to do some follow up with your work by going back and completing the "WHAT HAPPENED" questions in Worksheet 4...

How did you do? Use this page to make some notes about how you did with your plan. Did you use or practice your plan? If yes, where, and who did you practice with? Did it work? Why do you think it worked?

What did the person you used or practiced your plan with say about how you did with your plan and your skills?

What are some other situations you might run in to where you could use this plan?

Are you willing to role play using this plan in those other situations? If so, make a plan to role play and write how it worked here (*who is best to talk to, what is a good time, how can you be prepared?, what skill can you use to make the request?*)
