



Problem solving worksheet for couples

Briefly define your problems. Discuss the causes of the problems. Be specific while defining your problem.

List down the possible solutions that you can try to solve the problems

Now choose the best 3 possible solutions. Evaluate the pros and cons of each solution.

Solution 1

Pros

cons

Solution 2

Pros

cons

Solution 3

Pros

cons

Evaluate the pros and cons of all the solutions. Pick one best solution or you can also merge two solutions to get a best solution.

Best solution

Now make your action plan. Make sure the goals should be smart and manageable. List each step of your action plan by discussing with each other. Remember to make an action plan on which you both partners agree. Point to remember is “our goal is to solve the problem, not to change the person.”

References

Dugal, C., Bakhos, G., Bélanger, C., & Natacha Godbout, N. (2018). Cognitive-Behavioral Psychotherapy for Couples: An Insight into the Treatment of Couple Hardships and Struggles. In

[Ö. Senormancı, & G. Senormancı \(Eds.\), Cognitive Behavioral Therapy and Clinical Applications. IntechOpen.](#)

[Bodenmann, G., Kessler, M., Kuhn, R., Hocker, L., & Randall, A. K. \(2020\). Cognitive-behavioral and emotion-focused couple therapy: Similarities and differences. *Clinical Psychology in Europe*, 2\(3\).](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.