

Problem Solving

The below worksheets help you to get back to doing some of the activities that you might have had to give up. They help you to build up to doing these activities gradually, building your self confidence along the way. It is important to do things a small amount at a time. Even if you are feeling brave, try not to push yourself too far too early. If something goes wrong, this can knock your confidence even more.

1. Use the below worksheets to think of a problem you would like to tackle and consider the solutions to this.
2. By considering the advantages and disadvantages to each solution, you can come up with the best option.
3. Then set yourself a plan. Decide exactly when you are going to carry this out, what you might need to do to prepare for this and what might prevent you from carrying out the plan.
4. Think about what you expect to happen and when complete, fill in what actually happened. You might surprise yourself!
4. You can keep using the planning worksheets to overcome each stage of the problem until you have built your self confidence enough to feel comfortable to do the activities that you had once stopped.

Advantages and Disadvantages Table – Example for avoidance of using public transport

This table gives some example of advantages and disadvantages to possible solutions suggested for increasing this person's use of public transport. Some of the solutions may seem silly but it's important to come up with as many different solutions as possible, regardless of how realistic they may seem.

Possible Solutions	Advantages	Disadvantages
Spend one whole day travelling round on the bus	I've heard that just going for it can work.	This is far too much to try – I'd be so scared.
Get my wife to come on all bus journeys with me	It would mean I could spend more time with my wife and she could see exactly how I feel	My wife would probably not really want to go on all journeys with me and that's not really doing it alone
Gradually build up making bus journeys, start going only one stop on the bus, then two, then three, and so on *	I could try this as I probably could manage the short journeys. I could build up slowly and this would boost my confidence	It might feel like slow progress
Get the bus one way with my wife and do the return journey alone	This would be a good compromise, part of the journey with my wife to support me and part alone	I'm not sure my wife would want to do half journeys everywhere with me, how is she supposed to get back?
Get the bus every day during rush hour	If I could do this I could do anything as this is my worst nightmare.	This would just be too much!!
Only ever get taxis and don't use public transport	This would be great; I would never have to worry about getting the bus ever again.	I couldn't afford to get taxis to all the places I need to go.
Hire a bus so I can travel on it alone	I wouldn't mind at all going on a bus all to myself – in fact I'd really like it!	It would cost a lot of money, I've got nowhere to keep a bus and I'd probably feel a bit daft.

* The solution selected as the best one

Advantages and Disadvantages Table

Possible Solutions	Advantages	Disadvantages

Plan

Goal (e.g. spend 10 minutes in the supermarket alone during a quiet time):

Preparation (e.g. practice 'Time Out' technique, visualise being in the supermarket whilst feeling relaxed, write list of items to purchase at the supermarket):

What might prevent you from carrying out the plan and what will help you overcome these obstacles (e.g. will feel too nervous so will do relaxation before setting off, will not be able to stay for full 10 minutes so will try and focus on getting through one minute at a time)

What do you predict will happen?

What actually happened?

Information about non-epileptic attacks and non-epileptic attack disorder:
www.nonepilepticattacks.info/