



## CHAPTER 1 - EVALUATING YOUR PLAN - WORKSHEET

How is your plan working? (Please use the following table to choose a word that best describes your plan, then write it down on this line).

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<b>Great</b>	It is no longer a problem. Or the problem is still there, but not nearly as much as it used to be and it doesn't bother me like before; I'm coping well!
<b>OK</b>	The problem is still here but I can see things getting better. I am less stressed. I need to keep the plan going.
<b>No change</b>	The things I have tried haven't seemed to work so far. It is time to try another idea from the <i>Acting upon the problem</i> section and talk to the coach.
<b>Worse</b>	I am more stressed now.

Remember that problem-solving isn't finished when you start **Evaluating**. This is the time to improve your plan so you can be even more successful next time. You may need help from others (like family members or the health care team) to make your plan work.

What is going well? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What is not working? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Was the problem you worked on the REAL problem? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Are there changes that can be made to your plan so that it will work better? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you need help thinking of ways that you can problem-solve better?

☐ Yes    ☐ No

How did your stress levels change?

Look back at the stress thermometer that you filled out in the worksheet from the *Challenges you may face* section. Has your stress level changed? Did your plan work by reducing your stress a little or a lot or maybe, your stress level has not changed or is even higher. If that is the case, you may need to rework your plan. Fill in the stress thermometer now:



**High stress**

*I'm stressed and it usually gets in the way of my life.*

**Moderate stress**

*I'm stressed but it usually is under control.*

**Low stress**

*I'm not very stressed.*

**Don't get discouraged! Sometimes the way to pick the real problem is to work on the one right in front of you first. It might feel like you have to peel through the layers of the onion, but this will all pay off in the end when your problem no longer bothers you. Also, don't forget to give yourself credit when your plan of action works and you do a good job of solving your problem.**

**Was the problem you worked on the real problem? If not, what does the problem look like now? Talk to your coach about reworking the plan.**