

From Worried to Problem Solving

Use the following table to list your current worries. Try to be specific when expressing the problems that you are worrying about (rate each worry on a 0-10 scale, where 0 is low and 10 is high) -

Worry / Problem	Rating 0-10

Transfer the worry / problem statements to the following four-box model, indicating whether the impact of the problem is high or low and whether your ability to influence the outcome is high or low -

I	H 1		3	
Influence				
<u> </u>	2	Impact	4	
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Use the following table to conduct a 'TASL' assessment of all items listed in box 3 – (Transfer, Act, Suspend, Let go)

TASL?	Details
	TASL?

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