

## HOJA INFORMATICA DE SOLUCION DE PROBLEMAS

Nombre: \_\_\_\_\_ Fecha: \_\_\_\_\_ Visita #: \_\_\_\_\_

**Revisión de progreso durante la semana previa:**

**Califique que tan satisfecho se siente con su esfuerzo (0 – 10) (0 = Nada; 10 = Mucho):** \_\_ **Estado de Ánimo (0-10):** \_\_

**1. Problema:**

**2. Meta:**

**3. Opciones/Soluciones: 4. Pros versus Cons (Esfuerzo, Tiempo, Dinero, Impacto Emocional, Involucra a otros)**

| a)                | a) Pros (+) Que lo hace una buena opción? | <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">a) Cons (-)</th> <th style="text-align: center;"><u>Poco</u></th> <th style="text-align: center;"><u>Regular</u></th> <th style="text-align: center;"><u>Mucho</u></th> </tr> </thead> <tbody> <tr> <td style="padding-left: 20px;">Esfuerzo</td> <td style="text-align: center;">[ ]</td> <td style="text-align: center;">[ ]</td> <td style="text-align: center;">[ ]</td> </tr> <tr> <td style="padding-left: 20px;">Tiempo</td> <td style="text-align: center;">[ ]</td> <td style="text-align: center;">[ ]</td> <td style="text-align: center;">[ ]</td> </tr> <tr> <td style="padding-left: 20px;">Dinero</td> <td style="text-align: center;">[ ]</td> <td style="text-align: center;">[ ]</td> <td style="text-align: center;">[ ]</td> </tr> <tr> <td style="padding-left: 20px;">Impacto Emocional</td> <td style="text-align: center;">[ ]</td> <td style="text-align: center;">[ ]</td> <td style="text-align: center;">[ ]</td> </tr> <tr> <td style="padding-left: 20px;">Involucra a otros</td> <td style="text-align: center;">[ ]</td> <td style="text-align: center;">[ ]</td> <td style="text-align: center;">[ ]</td> </tr> <tr> <td>Other:</td> <td style="text-align: center;">[ ]</td> <td style="text-align: center;">[ ]</td> <td style="text-align: center;">[ ]</td> </tr> </tbody> </table> | a) Cons (-)  | <u>Poco</u> | <u>Regular</u> | <u>Mucho</u> | Esfuerzo | [ ] | [ ] | [ ] | Tiempo | [ ] | [ ] | [ ] | Dinero | [ ] | [ ] | [ ] | Impacto Emocional | [ ] | [ ] | [ ] | Involucra a otros | [ ] | [ ] | [ ] | Other: | [ ] | [ ] | [ ] |
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| Esfuerzo          | [ ]                                       | [ ]   | [ ]          |             |                |              |          |     |     |     |        |     |     |     |        |     |     |     |                   |     |     |     |                   |     |     |     |        |     |     |     |
| Tiempo            | [ ]                                       | [ ]   | [ ]          |             |                |              |          |     |     |     |        |     |     |     |        |     |     |     |                   |     |     |     |                   |     |     |     |        |     |     |     |
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**5. Solucion elegida:**

**6. Plan Acción (Pasos para lograr la solución):**

**Escriba las actividades que logro completar.**

a)

b)

c)

d)

**Actividades Diarias Placenteras.**

**Califique que tan satisfecho lo hace sentir (0 – 10)**  
**(0 = Nada; 10 = Mucho)**

**Fecha      Actividad**

**Proxima Cita:** \_\_\_\_\_

Rev. 3/21/2012