



## Be Pain Smart – Anxiety

### The D.E.C.I.D.E steps of problem solving

Read through the example below and then have a go at using the D.E.C.I.D.E steps to sort out a problem for you.

#### Step 1. Define the problem

*My girlfriend's birthday is coming up. I told Sophia I would throw her a party to say thanks for all the stuff she does for me. It is three weeks away but I have not sorted out where we are having it, who is coming or any of the food or drinks.*



Rate the problem (choose a number)



# Be Pain Smart – Anxiety

**Step 2.**  
Explore all of the different ways to fix the problem

**Step 3.**  
Choose the best one by looking at the good and bad points

SOLUTION	GOOD POINTS	BAD POINTS	ORDER
It would be good to have it at our place.	<p>I can set it up the day before and order food to be delivered.</p> <p>I can ask friends to bring food and drinks.</p> <p>During the party I can lay down for 10-15 minutes on my bed to ease my back pain.</p>	I will need to clean the house, the day before the party. Whenever I do this it makes my pain worse and I then might not be okay for the party.	2
We could go to her favourite restaurant	<p>Sophia loves the food there.</p> <p>I will not need to organise anything or carry anything to the restaurant.</p>	<p>It could be really expensive for everyone.</p> <p>I find it hard to sit down for longer than 30 minutes – I will need to get up a lot and move around. This could be hard because it is a small place.</p>	3
There is a local park which has views of the river. When we go for a walk there, Sophia always says it would be nice to have a picnic there.	<p>I do not need to clean up beforehand.</p> <p>I can ask friends to help me carry the food and picnic stuff, and we can set it up together.</p> <p>She keeps on saying that she would like to go there for a picnic so it will be special.</p> <p>I can take a camping chair to sit on and change position every 20 minutes.</p>	<p>It will be hard to carry all the food and picnic stuff to the picnic spot.</p> <p>It might not be as personal as being in our own home.</p> <p>I can only sit for 30 minutes and not on the floor.</p>	1



## Be Pain Smart – Anxiety

### Step 4. Identify the steps

ORDER	STEPS
2	Ask two or three friends to help carry the food and set-up the picnic area
4	Order the food and drinks
3	Sort out how we are going to get there – my mate Barry said he will drive us
6	Buy the plates, serviettes, knives, and forks etc
5	Order a cake
1	Let everyone know where the picnic will be and remind them of the time and date
7	Pack everything before we go

### Step 5. Do it





## Be Pain Smart – Anxiety

### Step 6. Evaluate the plan

Ask yourself the following questions

#### Did it work?

*Yeah it went pretty well. Sophia was really happy, and I managed my pain okay during the picnic. I could get up the next day and still do my normal stuff.*

#### What worked?

*Getting others to help early on, setting my timer to move every 20 minutes. It also helped that I did not spend the day before the party cleaning up or setting up the party. If I had done that – I would not have lasted.*

#### What did not work?

*It was a long way to walk from the car with lots of heavy things.*



## Be Pain Smart – Anxiety

### What needs to be changed? What could I do next time to make this better?

*Next time I would get Barry to drop me closer to the picnic area.*

### At what stage did things go wrong (go back to this stage and start again)?

*Nothing really went wrong. I had got there early enough to get over the long walk before the others came. Next time I could ask more people to help out – everyone was happy to.*

Now it is your turn to have a go at using the D.E.C.I.D.E steps to sort out a problem in your life.







# Be Pain Smart – Anxiety

## Step 4. Identify the steps

**ORDER   STEPS**

---

---

---

---

---

---

---

---

---

---

## Step 5. Do it



# Be Pain Smart – Anxiety

## Step 6. Evaluate the plan

Ask yourself the following questions

**Did it work?**

**What worked?**

**What did not work?**



## Be Pain Smart – Anxiety

What needs to be changed? What could I do next time to make this better?

At what stage did things go wrong (go back to this stage and start again)?