The I.D.E.A.L. Method

Problem-solving tactic for when fear and anxiety take over

The I.D.E.A.L. Method* is a decision-making tool that helps you objectively look at a scenario so you can define the main problem, explore solutions, and evaluate effectiveness. This solution-focused approach takes the emphasis off emotion and redirects it to action.

Benefits of the I.D.E.A.L. Method:
- Decreases anxiety and fear
- Encourages empowered thinking
- Easy-to-use tool for all ages

IDENTIFY the problem:
I'm too afraid to go out to eat because I am convinced I will have a reaction

DEFINE your goals:
I really want to eat out at a restaurant, but my fear holds me back from trying

EXPLORE solutions:
Bring my own food to the restaurant, but physically eat there; OR Call ahead to discuss food allergy safety, and order something I'm familiar with

ACT on it:
I will choose a restaurant, call ahead, and confirm with the manager when ordering something I'm familiar with

LOOK back:
I didn't feel as nervous eating out as I thought I would because I used my tools, reminded myself I had my epi, and knew what to do if there was a reaction

*IDEAL was created by John D. Bransford & Barry S. Stein, 1984
Directions:
Using the image and example on the first page as your guide, utilize this worksheet to work through a scenario that evokes fear or anxiety. *(Make copies of this outline for future use).*

For more information: www.FoodAllergyCounselor.com/blog/category/cbt

IDENTIFY the problem:

DEFINE your goal(s):

EXPLORE solutions:

ACT on it:

LOOK back: