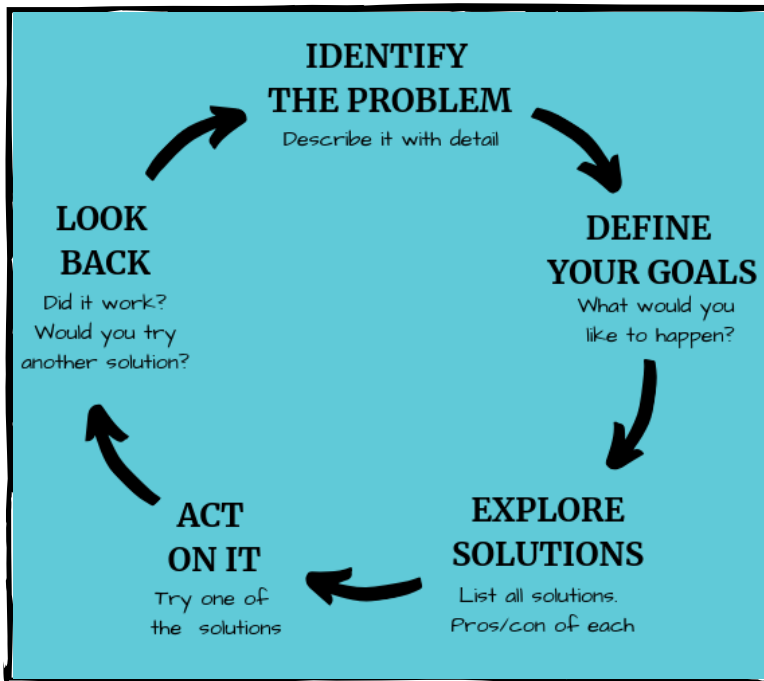


# The I.D.E.A.L. Method

*Problem-solving tactic for when fear and anxiety take over*



*\*IDEAL was created by John D. Bransford & Barry S. Stein, 1984*

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

**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](http://www.FoodAllergyCounselor.com/blog/category/cbt)

**IDENTIFY the problem:**

**DEFINE your goal(s):**

**EXPLORE solutions:**

**ACT on it:**

**LOOK back:**