

Problem Solving

INSTRUCTIONS



Describe

- a) The situation—use only facts and be specific; where? when? who was there? what was said? what happened?
- b) Your emotion—if there were many emotions, list the most prominent one; how intense was it on a scale of 0 to 5?
- c) Your need—which need was threatened? food/water? sense of safety? relationships? self-esteem? sense of control? sense of identity?



Explore your options

- a) Brainstorm—other possible actions you can take to meet your needs; be open to many possibilities.



Assess

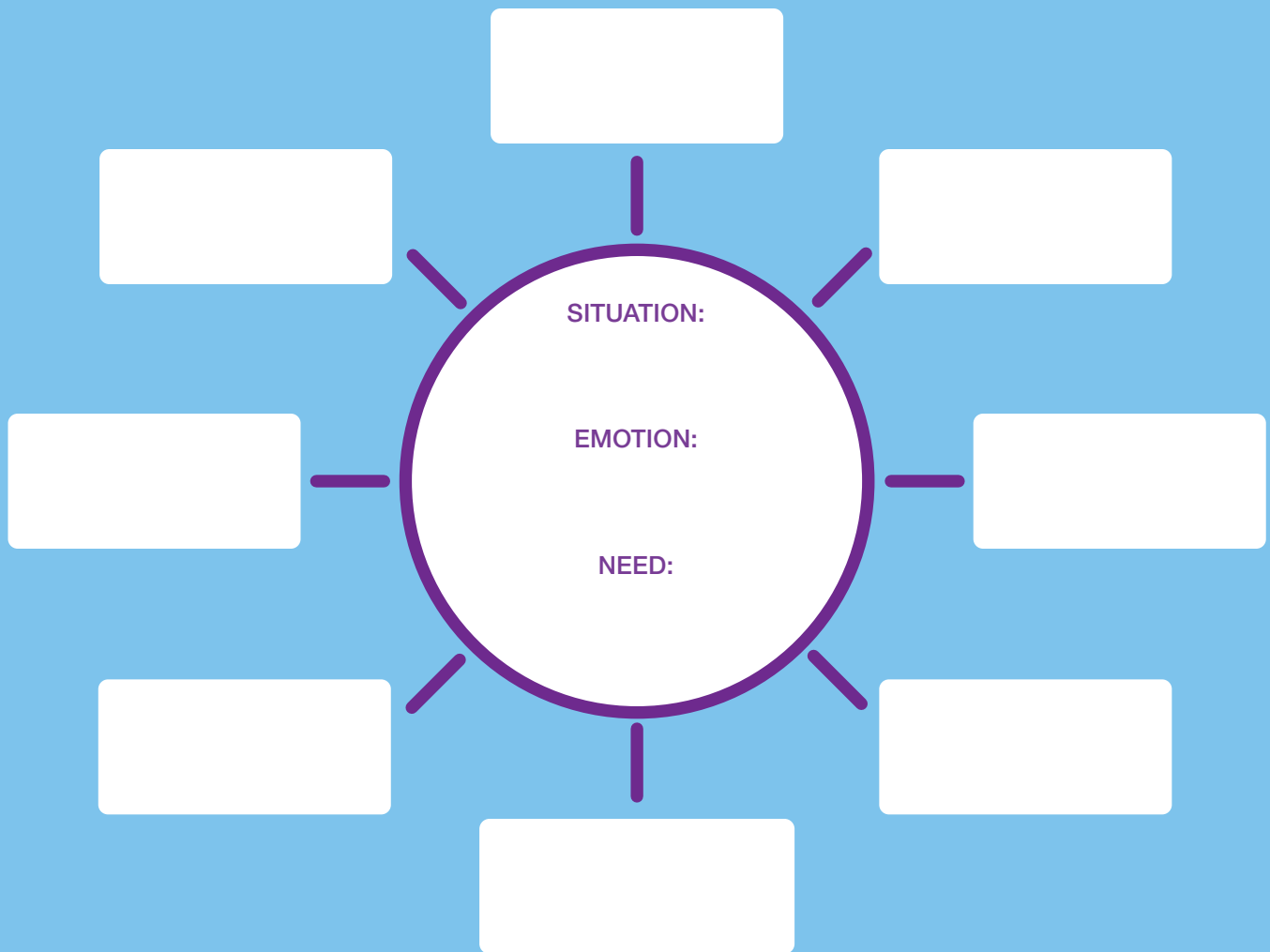
- a) Choose up to four of the brainstormed solutions and list pros and cons of each.



Take action

- a) Select a solution.
- b) Reflect if it will meet your needs.
- c) Detect any barriers to your solution before you carry it out; work through these.
- d) Write down your plan (this makes it more likely you will follow through) and carry it out.

Problem Solving



SOLUTION ONE

PROS

CONS

SOLUTION TWO

PROS

CONS

SOLUTION THREE

PROS

CONS

SOLUTION FOUR

PROS

CONS

Problem Solving

NEXT STEPS

1

Select. Which solution did you choose?

2

Reflect. Will this meet your needs (not just one, but overall)?

3

Detect barriers. Is there anything that could get in the way of carrying out your solutions? How will you deal with this?

4

Details. Now that you have identified your plan:

When will you do it?

Where will you do it?

Who will be there?

How will you do it, step-by-step?