

HOW DO I SOLVE THAT PROBLEM?

Everyone experiences problems from time to time with things like school, parents, caregivers, friends, work, or activities. Using problem-solving techniques can help us consider every part of a problem to come up with a good solution. Below is an outline of a problem-solving technique you can use when a problem arises.

1. Define the problem.

- Define the problem as specifically as possible (be brief, positive, and specific).
- Make sure you are dealing with one problem at a time.

2. Generate alternatives.

- Use brainstorming (think of as many things as you can) to generate possible solutions.
- Do not criticize any of the suggestions offered.
- Go for quantity; the more potential solutions, the better!

3. Decide on a solution.

- Eliminate any solution you would not feel comfortable trying or you do not think you would do. No explanations are needed.
- Think about the chances that each remaining alternative will work while checking out its probable consequences.
- Decide on one solution, and describe exactly how you will carry it out.
- Consider obstacles that may come up in trying the solution.
- Generate backup plans in case you run into an obstacle.
- Decide with the therapist on the number of times you will try the solution before the next session.
- Decide whether to attempt a second solution as well.
- Go through the problem-solving steps above, starting with the second step, for any solutions considered.

4. Evaluate the outcome.

- Review the outcome, and decide how satisfied you are with how it worked out.
- Modify the solution if necessary.
- If an entirely new solution is needed, repeat the problem-solving steps.

HOW CAN I SOLVE THIS PROBLEM?

1. What is the problem you are dealing with?
2. What are some ways you might be able to solve the problem? List as many ideas as you can think of.
3. Draw a line through any ideas that you don't think you would try.
4. Read each idea that you have not crossed off the list, and pick one idea that sounds like something you would like to try. Write it down.
5. Try that idea before the next time we get together, and we can talk about how it went.

HOW CAN I SOLVE THIS PROBLEM?

(SAMPLE ANSWERS)

1. What is the problem you are dealing with?

I am failing math.

2. What are some ways you might be able to solve the problem? List as many ideas as you can think of.

Study away from the TV.

Study at the library so my brother doesn't bother me.

Study with someone who is doing well in class.

Study more before a test.

3. Draw a line through any ideas that you don't think you would try.

~~*Study at the library so my brother doesn't bother me.*~~

4. Read each idea that you have not crossed off the list, and pick one idea that sounds like something you would like to try. Write it down.

Study with my friend Julie, who is doing well in class.

5. Try that idea before the next time we get together, and we can talk about how it went.