Problem Solving

INSTRUCTIONS

1. **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?

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

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

4. **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
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?