
Problem-Solving Worksheet

Pick a problem that has come up in the course of treatment so far and practice solving it using the methods just described.

1. Gather Information: _____

2. Problem Definition: _____

3. Brainstorming for Solutions and Listing of Pros and Cons:

| Solution | Pros (short and long term) | Cons (short and long term) |
|-----------------|-----------------------------------|-----------------------------------|
| a. | | |
| b. | | |
| c. | | |
| d. | | |
| e. | | |

4. Pick solution(s): _____

5. Implement the solution for a period of time.

6. Reevaluate the solution—Did it work? _____

If not, do problem solving again.