

Session 10—Problem-Solving



Most Important Task for this Session

- By the end of this session, participants are introduced to (1) the process of separating facts from guesses and (2) brainstorming different solutions to a problem or obstacle.

Agenda

1. Check-in and homework review
2. Introduce the 5-Step Problem-Solving Method, referring to the In-Session 10 Worksheet—**5-Step Problem-Solving Method**
3. Assign At-Home Worksheet—**Weekly Goal Guide** and the completion of steps 1-3 of the Session 10 At-Home Worksheet—**Steps 1-3 of the 5-Step Problem-Solving Method**

1. Check-In

- Write/share the agenda on the board or shared screen; write/share the check-in questions on the board or shared screen.
- Reinforce for arriving on time and bringing back the folder.

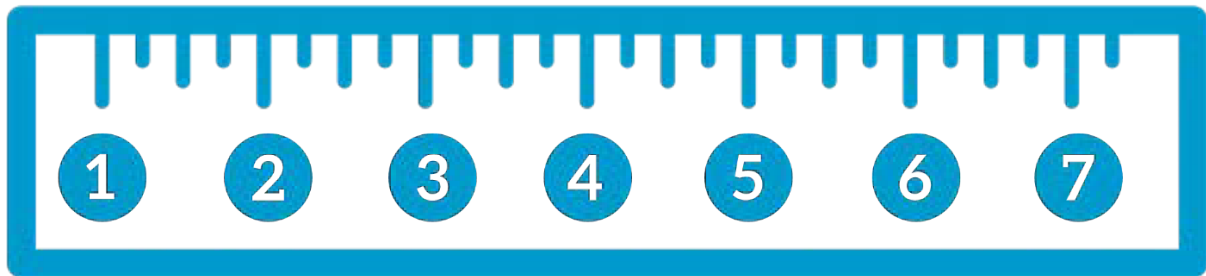
Check-In Questions

Ask participants to answer the four questions. Spend time discussing if homework is not complete or the folder has been lost. Reinforce for all attempts.

1. What is your long-term goal (where would you like to be one year from now)?
2. What is your 3-month goal?

3. Can you share your At-Home Worksheet, **Weekly Goal Guide** (what you assigned for yourself and what you completed)?
4. “What is your **Motivation Rating** and **Importance Rating** today on a scale of 1 to 7?” (Scale 1; “Not at all motivated” – 7; “Extremely motivated”)

Motivational Rating on a Scale of 1-7



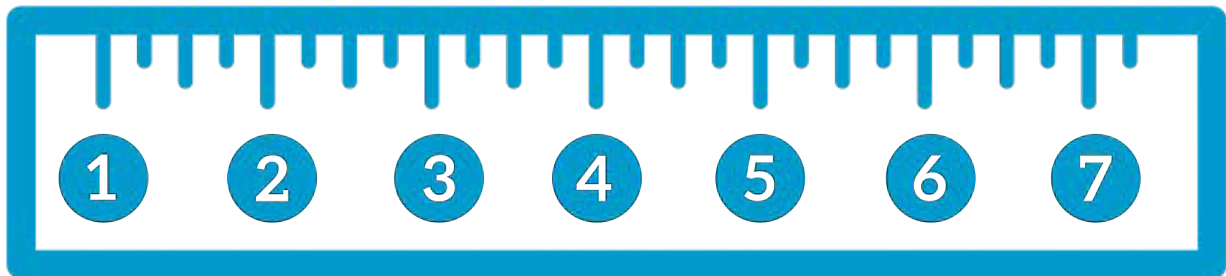
Not at all motivated

Somewhat motivated

Extremely motivated

Suggested facilitator dialogue: “You chose a _____. List three reasons why you chose this and not a lower number.” (Further the **Change Talk**.)

Importance Ruler



Not at all important

Somewhat important

Extremely important

Suggested facilitator dialogue: “You chose a _____. List three reasons why you chose this and not a lower number.”

2. Introduce the 5-Step Problem-Solving Method

Facilitator-led activity: Distribute the In-Session 10 Worksheet—**5-Step Problem-Solving Method**. Working collaboratively with participants, begin by focusing on:

Step 1: Identifying the problem using only “Who, What, Where.”

Step 2: Describing the problem.

Step 3: Brainstorming a variety of possible solutions.

Note to facilitators: Focus on Steps 1, 2 and 3 in this Session. Steps 4 and 5 of the 5-Step Problem-Solving Method will be covered in Session 11.

Emphasize that this method can work for any problem. Don’t rush into evaluating the pros and cons of each idea in this session unless time permits. Make sure participants understand the utility of the approach and ask them to each apply the method to a problem related to their own goal/behavior change.

If there are time constraints, participants can complete the Worksheet outside the session as part of their At-Home practice.

An example of steps 1-3 can be found following the blank Worksheet.

4. At-Home Practice



Ask participants to complete:

1. The **Weekly Goal Guide** with two small steps toward their goal.
2. The Session 10 At-Home Worksheet—Steps 1-3 of the **5-Step Problem-Solving Method**.






In-Session 10 Worksheet— 5-Step Problem-Solving Method

Name: _____

Date: _____

1 Identify the problem. Be specific.

Watch  Listen  Remember details  Ask the “W” questions

Who was Involved?

What happened?

Where did it happen?

2 Describe the problem. Remember the equation: *Problem = Goal + Obstacle*

Problem	Goal “I want...”	Obstacle “but...”

5-Step Problem-Solving Method, continued.

3 Think of ideas for solutions.

Brainstorm four or five ideas of things you can do to reach your goal or get rid of the obstacle.

1.
2.
3.
4.
5.

4 Evaluate ideas by thinking of advantages and disadvantages of each.

Idea	Advantages (+) Pros?	Disadvantages (-) Cons?

Weigh the pros and cons; choose the best solution for you. I choose idea #

5-Step Problem-Solving Method continued.

- 5 Put the idea into action, using appropriate verbal and non-verbal skills.

Role-play your chosen solution before putting it into action.

Remember: Voice (medium volume); Clear speaking; Posture; Eye contact.



Plan when and where you will put your idea into action:

Day:

Time:

Place:



Evaluate: Did it solve your problem?

Yes

No





In-Session 10 Example—Steps 1-3 of the 5-Step Problem-Solving Method

1 Identify the problem. Be specific.

I want to stay sober, and they are offering me cannabis.

Watch ★ Listen ★ Remember details ★ Ask the “W” questions

Who was Involved?

Me and my siblings.

What happened?

My siblings assumed I still smoke on occasion and would join them.

Where did it happen?

A birthday party at my parent’s house.

2 Describe the problem. Remember the equation: *Problem = Goal + Obstacle*

Problem	Goal “I want…”	Obstacle “but…”
Pressure to smoke	I want to stay sober	I don’t have an exit plan

Think of ideas for solutions.

3 Brainstorm ideas of things you can do to reach your goal or get rid of the obstacle.

1. Say “no thanks.”

2. Walk away.

3. Find other people to talk to.

4. Get some cake.

5. Go home.






Session 10 At-Home Worksheet— Steps 1-3 of the 5-Step Problem-Solving Method

Name: _____

Date: _____

1 Identify the problem. Be specific.

Watch  Listen  Remember details  Ask the “W” questions

Who was Involved?

What happened?

Where did it happen?

2 Describe the problem. Remember the equation: *Problem = Goal + Obstacle*

Problem	Goal “I want...”	Obstacle “but...”

3 Think of ideas for solutions.

Brainstorm four or five ideas of things you can do to reach your goal or get rid of the obstacle.

1.

2.

3.

4.

5.