

Session 11—Extended Problem-Solving



Most Important Task for this Session

- Like Session 10, reinforce (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. Continue with the step 4 and 5 of the Session 11 Worksheet—**5-Step Problem-Solving-Method**
3. Assign At-Home Worksheet—**Weekly Goal Guide** and the completion of the Session 11 Worksheet—**Steps 4 & 5 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.

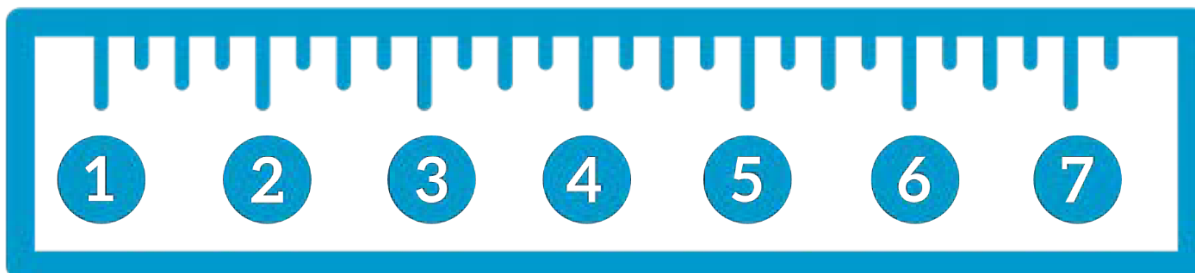
Check-in Questions

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 please 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; “the most motivated”)

Motivational Rating on a Scale of 1-7



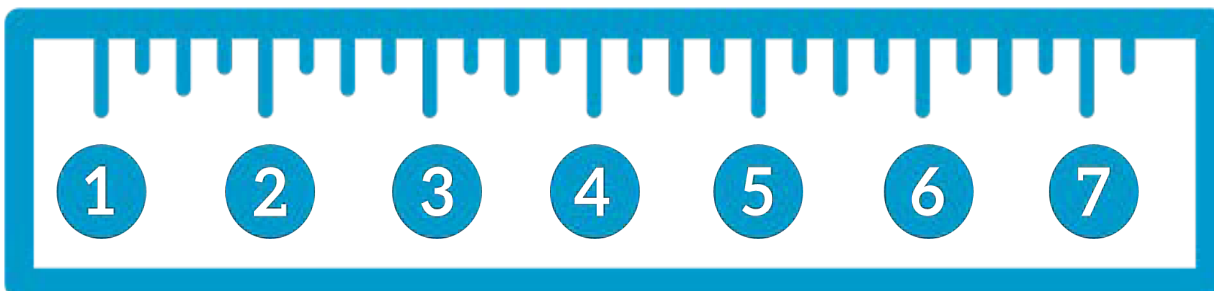
Not at all motivated

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. Continue with Steps 4 & 5 of the 5-Step Problem-Solving Method

Facilitator-led activity (if extending problem-solving):

- Continue using the **5-Step Problem-Solving Method** to brainstorm solutions for real obstacles encountered while working toward goals or hypothetical obstacles that could arise.
- Spend session time on steps 4 and 5 of the 5-Step Problem-Solving Method, practicing the evaluating of ideas (pros/cons), choosing/ordering best solutions, and role-playing solutions.
- A blank Worksheet to continue with steps 4 and 5 is provided below. An example for steps 4 and 5 follows the blank Worksheet.
- When planning for the Problem-Solving Solution implementation, role-play practice may be useful. Refer to role-play steps in [Session 6](#).

3. At-Home Practice



Ask participants to:




1. Complete the **Weekly Goal Guide** with two small steps toward their goal.
2. Continue with the problem-solving Worksheets.

Session 11 Worksheet—Steps 4 & 5 of 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 11 Example—Steps 4-5 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.

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

Idea	Advantages (+) Pros?	Disadvantages (-) Cons?
Say, "No thanks."	It's easy.	The people who offered it might get mad.
Walk away.	It's easy.	Person might think I didn't hear them.
Find other people to talk to.	Might be nice to talk to other people.	They might also be using.
Get cake.	It might taste good.	It's a temporary solution.
Go home.	Good escape.	I have to leave the party too early.

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

4

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: Sat. Time: 7 PM

Place: My parents' house



Evaluate: Did it solve your problem? Yes No