



## 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.