



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