






**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.