



In-Session 11 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...”

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.

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

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

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

5-Step Problem Solving Method continued.

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

Roleplay 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

