

**SOLVED: Problem-Solving Exercise**

**S**pecific Problem: \_\_\_\_\_

---

---

**O**pen Your Mind

**L**ist

| To Possible Solutions | PROS | AND | CONS |
|-----------------------|------|-----|------|
| 1.                    |      |     |      |
| 2.                    |      |     |      |
| 3.                    |      |     |      |
| 4.                    |      |     |      |

**V**erify the best solution by circling your choice.

**E**nact the Solution.

Steps and Time Frame of Solution:

1. \_\_\_\_\_ Time: \_\_\_\_\_

2. \_\_\_\_\_ Time: \_\_\_\_\_

3. \_\_\_\_\_ Time: \_\_\_\_\_

**D**ecide if Your Solution Worked:     ] YES     ] NO

## Pros and Cons

Behavior: \_\_\_\_\_

| Positive Effects of Doing the Behavior | Positive Effects of Not Doing the Behavior |
|--|--|
|  |  |
| Negative Effects of Doing the Behavior | Negative Effects of Not Doing the Behavior |
|  |  |

|  |   |
|--|---|
| <p><b>Short-Term Positive Consequences</b></p> | <p><b>Long-Term Positive Consequences</b></p> |
| <p><b>Short-Term Negative Consequences</b></p> | <p><b>Long-Term Negative Consequences</b></p> |