

CBSST: SCALE (PROBLEM-SOLVING) WORKSHEET

1. **Specify:** Define the problem; be specific regarding what you need, when you need it, etc.

2. **Consider** all possible solutions: Brainstorm all possible alternatives. Don't judge your ideas, just write them down!

A. _____
B. _____
C. _____
D. _____

3. **Assess** the best solutions: Write down each possible solution on the left. Then, identify positives and negatives of each idea on the right. Don't jump to conclusions, consider alternatives before you decide.

	Positive	Negative
A. _____	_____	_____
	_____	_____
	_____	_____
B. _____	_____	_____
	_____	_____
	_____	_____
C. _____	_____	_____
	_____	_____
	_____	_____
D. _____	_____	_____
	_____	_____
	_____	_____

4. **Lay out a plan:** What will you do first, second, third? Who will do what, how, and when?

- A. _____
- B. _____
- C. _____
- D. _____
- E. _____
- F. _____
- G. _____

A resource is anything that helps you achieve your goal or get the job done. Some examples of resources are:

- Time
- People (friends, relatives, caregivers, and healthcare providers)
- Objects or things (maps, brochures, pencil and paper)



- Telephone
- Money
- Places (healthcare facilities and social agencies)
- Transportation

What resources will you need? List the resources you will need to solve the problem:

- A. _____
- B. _____
- C. _____
- D. _____
- E. _____

Now set a time to DO IT! _____

5. After you complete your plan and take action, **execute and evaluate:** Did your plan work? How well did it work? Can it be improved? What went wrong? How can you fix it? Do you need to try another solution?
