

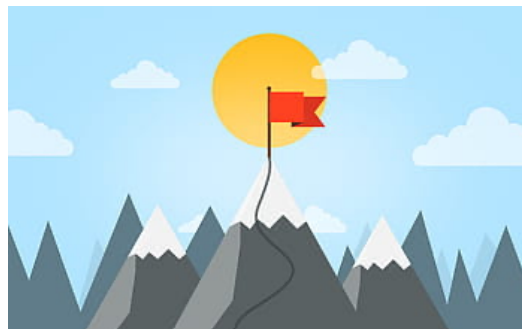
CBSST: SOLVE PROBLEMS USING “SCALE”

You will learn a method for solving problems that will help you solve all kinds of problems.

The problem-solving steps you will learn spell out SCALE, as in your efforts to SCALE the mountain (i.e., your problem).

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; just generate, don't evaluate.
3. **ASSESS** the best solution: Identify positives and negatives of each alternative.
4. **LAY OUT A PLAN**: What will you do first, second, third? Who will do what, how, and when? What resources will you need? List the resources you will need to solve the problem. A resource is anything that helps you achieve your goal or get the job done. Some examples of resources are:
 - a. Time
 - b. People (friends, relatives, caregivers, and health-care providers)
 - c. Objects or things (maps, brochures, pencil and paper)
 - d. Telephone
 - e. Money
 - f. Places (health-care facilities and social agencies)
 - g. TransportationNow set a time to DO IT!
5. **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?

When these five steps become part of the way you respond to life, you are well on your way to self-reliance and greater effectiveness in achieving your goals and improving the quality of your life.



Adapted from the Minneapolis VA CBSST Manual