



## PROBLEM-SOLVING WORKSHEET

Briefly describe the problem (Can it be changed?):

State your problem-solving goal (BE REALISTIC):

Describe the major obstacles to achieving your goal at this time:

- a.
- b.
- c.

Think of alternative ways to achieve your goal. Be creative. List at *least* 3 solution ideas:

- 1.
- 2.
- 3.
- 4.
- 5.

What are the major “pros” or positive consequences of these differing alternatives?

What are some of the “cons” or negative consequences?

Decide which alternatives are the best by choosing the ones with the best *positive* consequences and fewest *negative* consequences. Write down your action plan.

Carry out the plan & observe the consequences: Are you satisfied that your plan worked?