

Problem Solving Worksheet

Step 1: Problem identification: What's the problem?

- *It is important to understand the difference between the problem and a symptom*
- *Do not personalize it, feeling attacked often leads to defensive behaviors*
- *Focus on the issue – facts only, not the person or emotions*

Problem Statement:

Step 2: Barrier identification: Identify reasons why this is happening?

- *This is from both sides, not just the parent*
- *Try to think of as many reasons as you can. Keep asking, "Is there anything else?"*
- *Show active listening and reflect your understanding of what your child is telling you.*
- *Try not to say, "That's not a reason." Or "That doesn't make sense..." Or anything that could be taken as not appreciating their view of the issue.*
- *Write all of the barriers down, from both sides.*

Parent

Kid



Step 3: Brainstorm solutions.

- *No solution is too wacky or off the table yet*
- *The child should try to go first, ask "Do you have any ideas on how we can solve this?"*

Parent

Kid

Step 4: Evaluate all of the options and decide on a way forward.

- *Which options work to get you to the outcome that you can both agree on?*
- *If you can't seem to agree on a solution – can you negotiate one of the solutions to make it viable and acceptable to both parties?*

We have agreed to try this solution:

Step 5: Make a plan to take action.

- *Once you have mutually decided on a way forward, what are the steps that need to happen?*
- *When will the new plan start? Set an actual date.*
- *When will you come back together to discuss how it went? Set a date.*

Steps to achieve our solution:

1. _____
2. _____
3. _____
4. _____
5. _____

Plan start date: _____

Plan evaluation date: _____

Step 6: Evaluate and revise.

It is key in this step to be in the right frame of mind. And to use your active listening skills.

- *So, how did it go?*
- *Does something need to change? What?*
- *Look back at step 3. Add/revise if needed*
- *Repeat steps 4-6 as necessary.*

Notes:
