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?

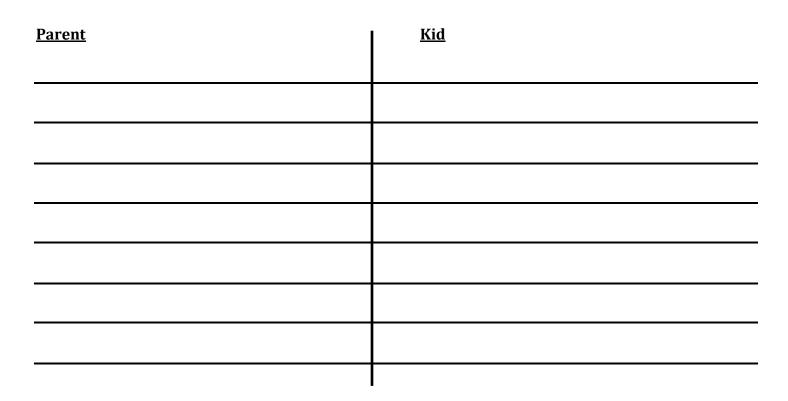
- This is from both sides, not just the parent
- Try to think of as many reasons as you can. Keep asking, "Is there anything else?"
- Show active listening and reflect your understanding of what your child is telling you.
- Try not to say, "That's not a reason." Or "That doesn't make sense..." Or anything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

<u>Parent</u>	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?"



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:

Plan start date:	Plan evaluation date:
5	
4	
3	
2	
1	

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: