



PROBLEM SOLVING

1. Describe the problem situation

- Take time to consider what the problem situation is and what emotions you are experiencing.

2. STOP and check the facts

- Use your STOP skills to help you evaluate the situation.
- Am I interpreting the situation correctly? What may someone else think about the situation?
- If the worst thing happened in this situation, could I cope well?

3. Identify your goals

- What do I want to happen?

4. Brainstorm a lot of solutions

- Think of any possible solution. Don't judge your solutions at this point. The goal is to think up as many solutions as you can.

5. Choose at least one solution that is likely to work

- Choose the best solution from what you brainstormed. What is the most reasonable and likely solution to this problem? A pros and cons chart is helpful for this step.

6. Put the solution into action

- Now that you have chosen your solution, assess what steps are needed for your solution and put it into action.

7. Evaluate the outcome

- After you have applied your solutions, evaluate the outcome. Did you solve the problem and meet your goals? If it did not work, try applying another solution. You may also reassess the problem to decide if it cannot be solved and radical acceptance is needed.

Practice Scenario:

Jen is out sick from school for a week. When she returns, her friend tells her that someone was spreading a rumor that she had been suspended and that was why she wasn't in school.