

PROBLEM SOLVING STRATEGY

1) Take time to begin to name and describe the problem. Allow for feelings and images to surface. No need to solve it yet, just let the situation emerge.

2) Rate on a scale of 1-5, how distressed this problem makes you feel, 5 being the highest.

Rate on a scale of 1-5, how confident you are that you can manage the problem, again, 5 is the highest level of confidence.

3) Define the problem succinctly. The problem is: _____

_____.

4) Brainstorm for possible solutions. No editing yet. Bonus points for silly options that cause a chuckle (this often expands the ability to generate good ideas). Come up with a good 10-12 ideas if you can.

5) Star/mark the ideas you feel are the best options. If it helps, use the following scale to see which appears to be the best fit by writing in the options on the spot they'd occupy on the scale.

| _____ |
bad fit best fit

6) Pick one option that you feel has the best chance of solving the problem. I will try:

7) Try it! Afterwards, evaluate how it worked. If it didn't help, try another option. Continue this process until you succeed, or start again.

8) Re-rate the distress this problem causes you now that you've completed this exercise. Re-rate your confidence in managing the problem.

What do you learn from any changes in the numbers?