

COPING SKILLS WORKSHEET

PROBLEM SOLVING

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SKILLS

Problem solving is an important skill to have. We deal with a variety of problems every day.

INSTRUCTIONS: Use the 6 steps below to solve any problem you have.

Step 1: Identify the Problem

Focus on the issue and not the person or emotion.
Ask yourself, what is the problem? How big is it?

Step 2: Think about the Why

Think about why it is a problem and what may have caused it.

Step 3: Brainstorm Solutions

Make a list of some possible solutions, good or bad just list them. At this point anything is possible.

Step 4: Evaluate the Solutions

Look at the list of solutions, consider the positives and negatives of each one. Are there any negatives that clearly out way the positives? Rate the solutions 1-5 (1 being the worst and 5 the best). Choose the best.

Step 5: Put it into Action

Try the solution you chose. You can even role-play the solution with someone you trust to feel more comfortable putting it into action.

Step 6: Evaluate the Outcome

Now that you have tried it, how did it go? What worked well? What did not work? Sometimes you may have to try more than one solution.

Identify a problem you could use these steps with and give it a try!