Adjusting for Life: Problem Solving

This exercise will help you work out solutions for whatever is bugging you. It can be useful for any worry-causing situation you encounter at school, with your friends, or with your parents.

**Step 1: Define the problem.** Write a clear description of the situation that is concerning you. For example: “I am afraid I won't make friends at my new school.”

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**Step 2: Brainstorm Solutions.** In column 1 below, jot down as many solutions as you can think of right now. Don’t worry about whether they are the “right” choice just yet.

**Step 3: Predict Outcomes.** In column 2 below, write what you think might happen if you tried that solution. Include both positive and negative outcomes.

**Step 4: Pick your best choice.** Review all of your solutions. Can you think of any new ideas that you haven’t included? If so, repeat steps 2 and 3. Then, narrow down your choices. Which solution do you think has the best chance of resulting in the outcome you want? Give that one a try.

**Step 5: Review and Revise.** After you have applied your best choice, take a minute to jot down the results in the How did it Work section. Did it solve your problem? If not, would one of the other solutions you developed in step 2 work? Use the new information you’ve gained to revise your plan if needed.
Adjusting for Life: Problem Solving

<table>
<thead>
<tr>
<th>Possible Solution</th>
<th>Outcome Predicted</th>
<th>Is this my BEST option?</th>
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</thead>
<tbody>
<tr>
<td>Example: I could talk to the person next to me at lunch.</td>
<td>They would probably talk back and be nice but they might not.</td>
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How did it work?

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Revisions to my Plan:

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