

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."

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.



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Possible Solution	Outcome Predicted	Is this my BEST option?
Example: I could talk to the person next to me at lunch.	They would probably talk back and be nice but they might not.	

How did it work?

Revisions to my Plan:

