Problem Solving Worksheet

What's the Problem?_____

_____

_____

Solutions/Ideas	Teen (+/-)	Parent(+/-)
➢ _____ _____	_____	_____
➢ _____ _____	_____	_____
➢ _____ _____	_____	_____
➢ _____ _____	_____	_____
➢ _____ _____	_____	_____
➢ _____ _____	_____	_____
➢ _____ _____	_____	_____
➢ _____ _____	_____	_____
➢ _____	_____	_____

Agreement:_____

_____

_____

_____

_____

Rewards:_____   Consequences:_____

_____   _____

_____   _____

_____   _____

_____   _____

_____   _____

_____   _____

_____   _____

X_____   X_____

X_____   X_____

Adapted from: <u>Problem solving Communication Training</u>. Robin, Bedway & Gilroy.

CBT+