Steps to Family Problem Solving

Rank how well your family usually solves problems when there are disagreements: (1 = very poorly, 2 = pretty well, 3 = very well)

___ We clearly and respectfully state what the problem is

___ As a group, we come up with several ideas to solve the problem

___ We discuss good and bad points of each idea

___ We reach a decision everyone can live with

___ Teens: Do you get a real say in what happens?

___ Parents: Does your teen try to dictate to you?

___ Do the solutions work?

From: Problem solving Communication Training. Robin, Bedway & Gilroy. CBT+