Problem Solving Steps

1. **STOP:** Name the problem: (Answer the Five W’s: Who? Where? What? Why? and When?)

2. **THINK:** What can I do? Think of as many solutions as you can. Don’t worry about whether it’s a good or bad solution because this will make it harder for you. Just brainstorm!

   **SOLUTION**
   1. ____________________________________________
   2. ____________________________________________
   3. ____________________________________________
   4. ____________________________________________
   5. ____________________________________________

3. **EVALUATE:** What’s the best solution? For each solution you brainstormed, write down what you think would happen, OUTCOME, if you did it. RATE each solution as + (good) or - (bad). Then, pick the best.

   **SOLUTION** | **OUTCOME** | **RATING**
   1. _______ | _______ | _______
   2. _______ | _______ | _______
   3. _______ | _______ | _______
   4. _______ | _______ | _______
   5. _______ | _______ | _______

   Pick the best solution and circle it!

*Resource: Keeping Your Cool.*
Here’s an example for you:

1. **STOP**: What’s the problem?
   * Who: Bully at school
   * What: Called me a “punk”
   * When: 12:30
   * Where: At recess, in front of everyone
   * Why: He likes to show off or maybe it’s his way of getting attention

2. **THINK**: What can I do? Brainstorm solutions. Remember to think of as many as you can.
   
   **SOLUTION**
   
   1. Ignore him.
   2. Insult him back.
   3. Walk away.
   4. Hit him.
   5. Try to joke with him.
   6. Hope the recess bell rings.
   
   Any others?
   7. _______________________________________________________
   8. _______________________________________________________
   9. _______________________________________________________
   10. _____________________________________________________

3. **EVALUATE**: What’s the best solution?

   For each **SOLUTION** in #2, write down what you think would happen, **OUTCOME**, if you did it. **RATE** each solution as + (good) or - (bad). Then

*Resource: Keeping Your Cool.*
# Problem Solving Steps

**Example**

<table>
<thead>
<tr>
<th>SOLUTION</th>
<th>OUTCOME</th>
<th>RATING (+ OR -)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Ignore him</td>
<td>He would keep it up</td>
<td>-</td>
</tr>
<tr>
<td>2. Insult him back</td>
<td>He’d probably try to hit me</td>
<td>-</td>
</tr>
<tr>
<td>3. Walk away</td>
<td>He’d leave me alone but might think I’m a “chicken”</td>
<td>+/-</td>
</tr>
<tr>
<td>4. Hit him</td>
<td>We’d both be sent to the Principal</td>
<td>-</td>
</tr>
<tr>
<td>5. Joke with him</td>
<td>He might start laughing</td>
<td>+</td>
</tr>
<tr>
<td>6. Hope bell rings</td>
<td>It might not ring soon enough</td>
<td>-</td>
</tr>
</tbody>
</table>

7. __________  

8. __________  

9. __________  

10. __________  

Pick the best solution and circle it!

4. **ACT:** Try out your best solution.

5. **REACT:** Did it work? If it did, great! If it didn’t, either try it again or pick another solution from Step #3.
Problem Solving Steps

Now it’s time for you to try the problem solving steps!

- Think of a problem that you have now.
  Write it down here:
  __________________________________________________________________________
  __________________________________________________________________________

1. STOP: What’s the problem?
   - Who: _________________________
   - What: ________________________
   - When: ________________________
   - Where: _______________________
   - Why: _________________________

2. THINK: What can I do? Brainstorm solutions. Remember to think of as many solutions as you can. Don’t worry about whether it’s a good or bad solution — just brainstorm!

   SOLUTION
   1. __________________________________________________________________________
      __________________________________________________________________________
   2. __________________________________________________________________________
      __________________________________________________________________________
   3. __________________________________________________________________________
      __________________________________________________________________________
   4. __________________________________________________________________________
      __________________________________________________________________________

Resource: Keeping Your Cool.  Harborview CBT+ 03
Problem Solving Steps

3. EVALUATE: What is the best solution?

For each SOLUTION in Step #2, write down what you think would happen, if you did it. RATE each SOLUTION as + (good) or — (bad). Then, pick the best!

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<td>____________</td>
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</tr>
</tbody>
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Pick the best solution and circle it.

4. ACT: Try out your best solution.

5. REACT: Did it work?

* If it did, great! If it didn’t, either try it again or pick another solution from Step #3.