

# Problem Solving Outline

## I. Define the problem:

A. Tell the other person what the problem is and explain why you think it's a problem.

1. Be brief!

2. Try to be positive...not blaming.

B. Then the other person repeats back to you what the problem is to be sure they understand what you said.

## II. Suggest solutions to the problem:

A. Take turns thinking of possible solutions to the problem (write them down on the worksheet).

1. Come-up with as many ideas as possible.

2. Don't think too much.

3. Be creative...suggest crazy ideas.

B. All suggestions are OK...it doesn't mean you have to do it.

## III. Evaluate/Decide on the best idea:

A. Take turns evaluating/thinking about each idea.

1. Would this idea solve the problem for the teen?

2. Would this idea solve the problem for the parent(s)?

3. Rate the idea a + or -

B. Pick the best idea.

1. Look at all the ideas with a +

a. Pick one of these...or

b. Combine several of them.

2. If none of the ideas are rated + by both people...find the one that comes closest to agreement and negotiate a compromise.

## IV. Plan to put the idea into Action!

A. Decide who's going to do what, when, where and how?

B. Come-up with reminders.

C. Decide on rewards & consequences for following-through or not following-through.