

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+