

## CETA Solving Problems Worksheet

<b>Problem:</b> Identify a problem. <i>You need to some control over the problem.</i>	
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<b>Goal:</b> <i>What do you hope to accomplish? Goal has to involve something YOU can do.</i>	
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**Possible Solutions:** Brainstorm all possible solutions first, and then consider short and long term consequences of your possible solutions - how much time/money/effort it would take; do you have control over a given solution?

<b>ALL Possible Solutions</b>	<b>Good things about this solution*</b>	<b>Bad things about this solution*</b>

**Choose one solution to try this week. Break the solution into smaller activities. Make sure you can do the first one or two activities in the next week.**

**Chosen Solution:**

**Activities:** *(Your activities need to be based on your chosen solution)*

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

**\*Remember to consider the 5 rules (Realistic/Achievable, Stated specifically, Desirable, Measurable, and Timely) with the client.**

**Identify possible barriers that may prevent you from trying the activities for your solution.**

**Inside Barriers:** *(Thoughts and feelings that might make it hard for you to do your activities)*

**Outside Barriers:** *(Things, people, places, situations that might make it hard to do your activities)*

**Homework Plan:** *(Be specific: what, when, how long, reminder and be sure to rate your feelings before and after each activity)*