## **Problem Solving Skills Worksheet**

- 1. Identify the problem
- 2. Brainstorm possible solutions (No answer is good or bad)
- \_\_\_\_ а.
- \_\_\_\_ b.
- \_\_\_\_ C.
- \_\_\_\_ d.
- \_\_\_\_ e.
- \_\_\_\_ f.
- 3. Evaluate possible solutions
- 4. Pick one to try
- 5. Prepare for possible obstacles
- 6. Try it

CBT+