

CETA Solving Problems Worksheet

Problem: For a problem you can SEE or HEAR. Client has to have some control over the problem.	<i>Not having enough money to support family.</i>
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Goal: What do you hope to accomplish?	<i>Make more money.</i>
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Possible Options and Solutions

ALL Possible Options/Solutions	Good things about this option/solution*	Bad things about this option/solution*
<i>Ask friends/Family how to make more money.</i>	<ul style="list-style-type: none"> - <i>Get good advice/new ideas</i> - <i>Might loan you money.</i> - <i>Might offer you a job.</i> 	<ul style="list-style-type: none"> - <i>Get bad advice.</i> - <i>May not know how to make more money.</i> - <i>Have to take friends to tea.</i> - <i>Loan may be with high interest.</i>
<i>Find a higher paying job.</i>	<ul style="list-style-type: none"> - <i>Earn more money.</i> - <i>Raise living standard.</i> 	<ul style="list-style-type: none"> - <i>May be difficult to find this kind of job.</i> - <i>Job could be illegal or dangerous.</i> - <i>Less time with family.</i>
<i>Get an extra job.</i>	<ul style="list-style-type: none"> - <i>Earn more money.</i> - <i>Get more experience.</i> 	<ul style="list-style-type: none"> - <i>More stress.</i> - <i>Feel very tired.</i> - <i>Less time with family.</i> - <i>Could create family problems.</i>
<i>Gamble to make more money.</i>	<ul style="list-style-type: none"> - <i>Could win a lot of money.</i> - <i>Solve all financial problems.</i> 	<ul style="list-style-type: none"> - <i>Not guaranteed.</i> - <i>Costs money.</i> - <i>May only win a small amount.</i> - <i>Could lead to bad habits (drinking, illegal behavior).</i>
<i>Ask spouse to get a job.</i>	<ul style="list-style-type: none"> - <i>Brings more money into family.</i> - <i>Client doesn't have to get extra job.</i> 	<ul style="list-style-type: none"> - <i>Client would have to do housework spouse usually does.</i> - <i>Create relationship problems with spouse. Spouse may not want to get job.</i>

*Consider short and long term consequences, how much time/money/effort it would take. Do you have control over a given option.

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.

Solution: *Find a higher paying job.*

Activities:

1. *Ask friends and neighbors about any available jobs.*
2. *Read newspaper for job advertisements.*
3. *Write and prepare CV.*
4. *Learn more about jobs.*
5. *Apply for jobs.*
6. *Interview for jobs.*
7. *Seek contacts.*

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

Identify possible barriers that may prevent client from trying activities/solutions.

Inside Barriers: *worried, not confident, nervous, tired*

Outside Barriers: *no time to look for jobs, no guarantee that you will get a job, may lose job if boss finds out you are looking for a new one, have to borrow a bicycle to visit neighbor (I may not be able to borrow one).*

Homework Plan:

On Monday, ask parents at dinner about any available jobs.

On Saturday, ask neighbor at tea time about any available jobs.

* Remember homework steps: What, When, How Long, Reminder, Rate Feelings Before and After.