

Even though a person may be in touch with what they want, there are many things that keep them from believing that they can create the life they want; one is the belief that a person needs to be ‘fixed’ by someone else, because they do not have the ability to solve their own problems.

Session 14

Problem Solving with Individuals

shares a problem solving process
that when applied to many problems
can be very helpful in finding solutions.

Problem Solving With Individuals

A problem is a situation or set of conditions that are preventing you from doing what you want to do. Problem behaviors are what you do that helps create and sustain the problem.

The key to problem solving is...

...the ability to stand outside the problem and to view it with some sense of objectivity

...the willingness to never make a major decision until you are clear that there are at least two options

...the awareness that there are always multiple ways of coming to a solution.

“A problem clearly stated is a problem half solved.”

(The first three steps fully state the problem. The next two steps move you toward a solution.)

Problem – Step 1 – Help the person state the problem as clearly as possible. (Ask the individual questions about their current situation and what the current situation is keeping them from doing that they would like to do.)

Impact – Step 2 – Ask what they might be doing that is negatively impacting the situation or helping create the problem.

Cost/Benefits – Step 3 – Ask if the problem is not resolved, what is the cost in the short term? What’s going to happen in the long term? If the problem is resolved, what are some of the short-term benefits? What would be some of the long-term benefits?

Brainstorm – Step 4 – What are 5-7 Possible ways to solve this problem?

Actions -(small steps) - Step 5 – Select the 1-2 best solutions from the above list. What are the actions that you need to take to begin working on the solutions?

Worksheet

Problem – Step 1 – What is the current situation and what is the current situation keeping me from doing that I would like to do?

Impact – Step 2 – How am I negatively impacting the situation or helping to create the problem?

Cost/Benefits – Step 3 – If the problem is not resolved, what is the cost in the short term? What's going to happen in the long term? If the problem is resolved, what are some of the short-term benefits? What would be some of the long-term benefits?

Brainstorm (big actions) – Step 4 - What are 5-7 possible ways to solve this problem?

- 1.
- 2.
- 3.
- 4.
- 5.

****Discuss with the individual the possible pros and cons of each of the above solutions.**

Actions (small steps) - Step 5 – Select the 1-2 best solutions from the above list. What are the actions that you need to take to begin working on the solution?

- 1.
- 2.
- 3.
- 4.
- 5.

****Discuss with the individual a possible timeline when these small steps will be taken.**

Session 14 - Review Questions – Problem Solving with Individuals

1. What are the five basic steps to problem solving with individuals? Write the acronym and explain what each step means.