

Navigating challenges: A problem-solving guide

When a challenge feels too big to tackle, breaking it down into smaller, manageable steps can help. Use this guide to move from identifying a problem to taking your first step toward a solution.

1 Define the problem

PROMPT: "What is the specific challenge you're facing right now?"

Try to focus on the facts of the situation rather than how it makes you feel. What exactly is happening? When and Where does the problem occur? Are there any causes you can identify?

2 Explore Solutions - The Brainstorming Step

Write down at least 3 possible solutions. There are often many solutions for the same problem and it can be helpful to start reviewing options. List any potential solutions that come to mind.

The goal is to explore all possibilities before narrowing down your best next step.

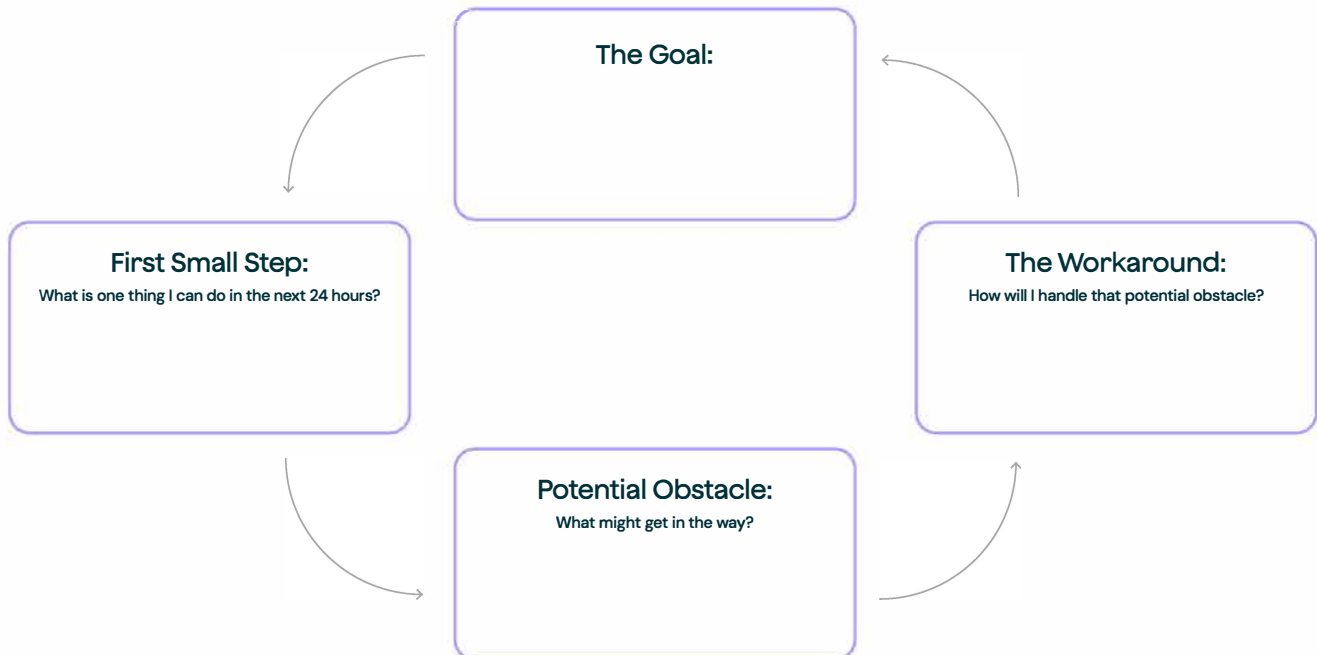
3 Select a Solution You Can Implement

Look closely at the solutions you've identified. Now you can determine which ones are more likely to be successful by reviewing them in-depth. Consider the Pros (positives) and Cons (potential hurdles). Try to focus on the facts of the situation rather than how it makes you feel. What exactly is happening? When and Where does the problem occur? Are there any causes you can identify?

OPTION	PROS (ADVANTAGES)	CONS (CHALLENGES)	IS IT IN MY CONTROL?	IS IT REALISTIC?
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>
			<input type="checkbox"/>	<input type="checkbox"/>

4 Choose and Plan

Which option feels the most doable right now?



Reflection: On a scale of 1-10, how confident do you feel about taking that first step?

0 1 2 3 4 5 6 7 8 9 10

Next Steps: Bring this plan to your next session to review your progress with your provider.