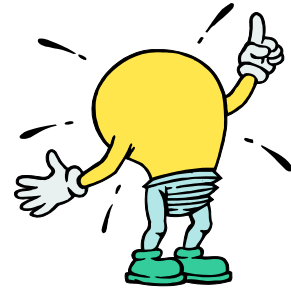


Blank Problem Solving Sheet

Identify a time when your teenager becomes anxious and work your way through the 6 problem solving steps.



Step 1: What is the problem?

Your teenager's problem: _____
Your teenager's goal: _____

Step 2: What are the possible solutions?

1. _____
2. _____
3. _____
4. _____
5. _____

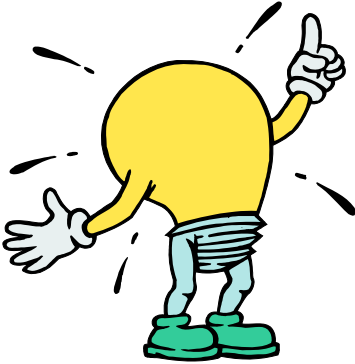
Step 3: What are the possible consequences?

Solution	Good points	Bad points
#1		
#2		
#3		
#4		
#5		

Step 4: Decide on the best solution

Solution 1: _____ Ranking: _____
Solution 2: _____ Ranking: _____
Solution 3: _____ Ranking: _____
Solution 4: _____ Ranking: _____
Solution 5: _____ Ranking: _____

Step 5: Try the solution



Is there anything you can do to help your teenager practise their solution before they actually do it?

Step 6: Did it work?

Did the solution achieve the goal? What worked well? What could your teenager do differently next time?

How did you find the problem-solving process? Did you have any problems? Do you have any questions?
