

PROBLEM SOLVING
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The problem solving method helps you improve your ability to resolve dilemmas and conflicts by brainstorming many potential ways of handling problems, weighing cons/benefits of each, to the extent that you can make the best decision. The method is useful in terms of identifying distortions (especially catastrophic exaggerating) in your thinking that can interfere with the resolution of life dilemmas.

STEP I PROBLEM IDENTIFICATION

- *Be specific*
- *Prioritize*
- *Is the problem in the present? Or did it happen in the past?*
- *Is the problem internal or external?*

STEP II BRAINSTORM, GENERATE SOLUTIONS/OPTIONS

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

STEP III LIST THE PROS AND CONS OF EACH OPTION

Option 1: _____

PROS	CONS
1	1
2	2
3	3
4	4

Option 2: _____

PROS	CONS
1	1
2	2
3	3
4	4

Option 3: _____

PROS	CONS
1	1
2	2
3	3
4	4

Option 4: _____

PROS	CONS
1	1
2	2
3	3
4	4

STEP IV SELCET OPTION/TEST IT OUT

STEP V EVALUATE THE RESULTS/REVISE