

WORKSHEET 7.8.10: PROBLEM-SOLVING

Step 1. Identify the problem

- Try to describe it in an objective and specific way.
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Step 2. Generate potential solutions

- Brainstorm all the possible solutions to the problem.
 - Keep listing all the ideas you can think of without judging them as good or bad.
 - Underline two or three solutions that seem the best or most possible to achieve.
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Step 3. Decide on a solution

- Consider the pros and cons of the top two or three solutions – how feasible each one is and how likely it is to solve the problem.
- Choose the solution that seems best.

Step 4. Plan the chosen solution

- Plan a list of steps of action that need to be done to achieve the solution.
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Step 5. Carry out the solution

Step 6. Evaluate the result

What was the effect of carrying out the solution?

Reflection on Worksheet 7.8.10

What did you learn about how you can intervene in your procrastination and perfectionism next time they arise by doing problem-solving?
