# Imagining Solutions to Social Problems

1) How would you define the interpersonal or social problem you are facing?

2) Brainstorming (generate as many possible solutions as you can to this problem, and list them here):

1.

2.

3.

4.

5.

6.

7.

For each possible solution to this problem, imagine yourself applying it.

Then, imagine the likely effects of applying this solution.

Finally, write down what you learned from this imaginative exercise (about yourself, about others, etc.). For example, "As I imagined myself applying this solution, it felt very emotionally difficult," or "As I imagined myself applying this solution, I realized precisely what I should say and do, and this built my confidence in myself and the solution."

Imagine yourself applying solution #1. Take your time. See it in your mind's eye. Now, imagine the effects of this solution on yourself, and on others involved.

1. What did you learn from this imaginative exercise, that could help you decide if and how to apply solution #1?:

2. What did you learn from this imaginative exercise, that could help you decide if and how to apply solution #2?:

3. What did you learn from this imaginative exercise, that could help you decide if and how to apply solution #3?:

4. What did you learn from this imaginative exercise, that could help you decide if and how to apply solution #4:

5. What did you learn from this imaginative exercise, that could help you decide if and how to apply solution #5?:

6. What did you learn from this imaginative exercise, that could help you decide if and how to apply solution #6?:

7. What did you learn from this imaginative exercise, that could help you decide if and how to apply solution #7?:

Dr. Jeffrey Gaines