Social Problem Solving: Step by Step

(Use 1 worksheet for each distinct problem you encounter)

1. Define the problem, as clearly and simply as you can:

2. Brainstorming: Generate as many solutions to this problem as you can, emphasizing quantity over quality. Then, assess each possible solution in terms of effort required (High, Medium, or Low), and likely impact on the problem (High, Medium, or Low).

Solution 1)

Effort (High   Medium   Low   )   Impact (High   Medium   Low   )

Solution 2)

Effort (High   Medium   Low   )   Impact (High   Medium   Low   )

Solution 3)

Effort (High   Medium   Low   )   Impact (High   Medium   Low   )

Solution 4)

Effort (High   Medium   Low   )   Impact (High   Medium   Low   )

Solution 5)

Effort (High   Medium   Low   )   Impact (High   Medium   Low   )

Solution 6)

Effort (High   Medium   Low   )   Impact (High   Medium   Low   )

3. Choose a solution. This might be one of the solutions above, or a combination of aspects from different solutions.

   Solution Chosen:

4. Apply the solution. This section is used for notes concerning if, when, where, how and/or with whom the solution was applied.

   Solution applied?   Yes   No

   If the solution was not applied, why not?

If applied, when, how, where, and/or with whom?

5. Did the solution work? Check the appropriate box(es)

Yes, problem solved

Yes, but will continue monitoring to be sure

Partly

If only partly solved, describe aspects of the problem that were resolved, and any lingering difficulties.

Solution did not work

If it did not work, why not?

If the solution did not work, it is recommended that you take a fresh worksheet, and start the social problem solving process anew, with the benefit of any new knowledge gained from the first attempt.

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