

Problem Solving Worksheet

Step 1. State the problem	
Step 2. Generate options	Step 3. Evaluate options
Option 1.	Costs Benefits
Option 2.	Costs Benefits
Option 3.	Costs Benefits
Option 4.	Costs Benefits
Step 4. Choose an option—I choose option #	
The steps I'll use to accomplish my plan are: 1. 2. 3. 4. 5. 6.	
Step 5. Put the plan into action (who, what, when, where)	
I will use the plan in the following situations.... I will use the plan with the following people.... I will use the plan at the following times....	
Step 6. Evaluate the plan	
What went well? Do I do all the steps? What was the outcome? Do I need more practice with the plan (role play)? Do I need a new plan?	