

## Problem Solving

<b>Step 1</b>	Write down what your problem is. Keep it simple eg 'I'm broke' or 'I'm worried about school' or 'I've got no friends'
<b>Step 2</b>	Now write down ALL possible solutions (even ones that you know you will not use) It is important to write down ALL possible solutions then you know all your options are there for you to see, even solutions that might sound silly (don't dismiss any possible solutions)
<b>Step 3</b>	Examine all the options you've written and now think through their pros and con's.
<b>Step 4</b>	Now choose the option or options you want and that you think could work. It may be that there are some good options to choose between or it may be you choosing from the 'least bad' option. Either way, make your choice. Sometimes you might want to combine more than one option to 'make a plan'.
<b>Step 5</b>	Plan out step-by-step what you need to do to carry out this solution. What? When? How? With whom or what? What could cause problems? What will you do if problems arise? Is this realistic and achievable?
<b>Step 6</b>	Do it! Carry out the plan.
<b>Step 7</b>	Review how it went. Was it helpful? Did you achieve what you set out to achieve? If not, how could you have done it differently? Is there another option you could try? Did you achieve any progress towards your goal? What have you learned?
<b>Step 8</b>	If you achieved your goal, then great! Consider using the steps to tackle another problem. If you didn't fully achieve your goal – return to steps 3 and 4 to choose another possible solution.

<b>Step 1</b>	
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<b>Step 7</b>	
<b>Step 8</b>	

