
Five Steps for Problem-Solving

Until you become familiar with this approach, we recommend that you take the time to write out each step of your problem-solving action plan. You may photocopy this exercise from the book or download multiple copies at the Treatments *That Work*TM Web site at www.oup.com/us/ttw.

- i. Identify clearly the problem/stop and think:

What is going on? Give details—try answering whichever of the following questions apply to the situation you are addressing.

What is the problem? _____

With whom do I have a conflict? _____

What do I dislike about the situation? _____

Exactly what must change? _____

continued
