

SOLUTION-FOCUSED PROBLEM-SOLVING WORKSHEET

USE THIS WORKSHEET TO DEFINE YOUR PROBLEM, EXPLORE SOLUTIONS, AND CREATE AN ACTION PLAN.

What is the problem or challenge you are facing?

What would it look like if this problem were completely resolved?

Have there been times when this problem was less severe or did not occur? (Exception Question)

What was different during those times?

What possible solutions or strategies could help resolve this issue? (Possible Solutions Question)

What strengths and resources do you have that can help address this problem?

What has helped you cope with similar challenges in the past? (Coping Question)

What is one small step you can take today to start improving the situation?
