

How to: Problem Solving

1

Identify the problem you want to solve.

FOR EXAMPLE

I hate that everyone in my house is a slob!

2

Use **Check the Facts** to be sure you are accurately describing the problem situation.

Am I using extreme language?



IF YES

Describe the situation.

There is often mess in my house and I prefer things to be neat.

This mess is causing me to feel unhappy when I am at home.

This mess is causing me to feel a lot of irritation at others in my house.

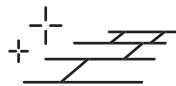
3

Identify your goal in solving the problem. What outcome do you want? Make sure to keep this reasonable and achievable.



GOAL

Have less mess in the house.



Have the floors and counters clean at the end of every day



Have all dirty clothes picked up and put in hamper.



Have trash taken out every night and litter box emptied