

Problem Solving Model

1. What is the Problem?
2. Who or What is affected by this problem
 - a. How am I affected?
 - b. Who else is affected? How are they affected?
3. What is the desired outcome?
 - a. What do I want to have happen to be okay?
 - b. What might another person want to have happen to be okay?
 - c. What are my responsibilities as I work towards a desirable outcome?
4. What can you do to meet these needs and solve the problem?
 - a. What has worked in the past?
 - b. What has worked for others?
 - c. What guidelines/policies do I have to follow?
 - d. Am I respecting myself?
 - e. Am I respecting the other individual?
5. Select a possible solution and try it out
 - a. Which of the solutions fits best for me and the people involved?
 - b. Do I have what I need for my solution?
 - c. Try that solution out.
6. Check In and See if it is working
 - a. Did the solution resolve the problem?
 - b. If the solution did not resolve the problem, go back to the possible solutions to see if another one will work.