

# Problem-solving worksheet

We all experience problems from time to time and it's easy to feel stressed about them. If your problems seem overwhelming, you may start to feel anxious or depressed. However, the right approach can help you find solutions to problems of any size.

## five steps to problem-solving

You simply can't avoid all problems. But what you can do is be armed to deal with them by developing good problem-solving skills. Here are five steps to help:

1. Choose the problem
2. Understand the problem
3. Come up with different solutions
4. Compare the solutions
5. Find the best solution and put it into action

Problem-solving takes practice. It can be difficult to "step back" from our problems and look at them objectively. You may find it helpful to problem-solve with a close friend or family member, as they may have some good ideas to offer.

## getting started

### 1. Choose the problem:

When you are first trying this approach, start by choosing a small problem. This makes it easier to learn how to use this technique. After you have successfully solved a few small problems, you can begin to tackle the bigger ones.

Once you've selected a problem, describe it in detail (below) – try to get as specific as you can.

### 2. Understand the problem:

Ask yourself the following questions to help you better understand the problem:

- Have I had this problem before? How did I handle it?
- Is there anything more I need to find out about this problem – any information I don't have?
- Do I have any other ideas about this problem?
- Are there people who can help support me in solving this problem (friends, family, teachers, health professionals, etc.)?

Describe your problem below. Use an extra piece of paper if necessary:

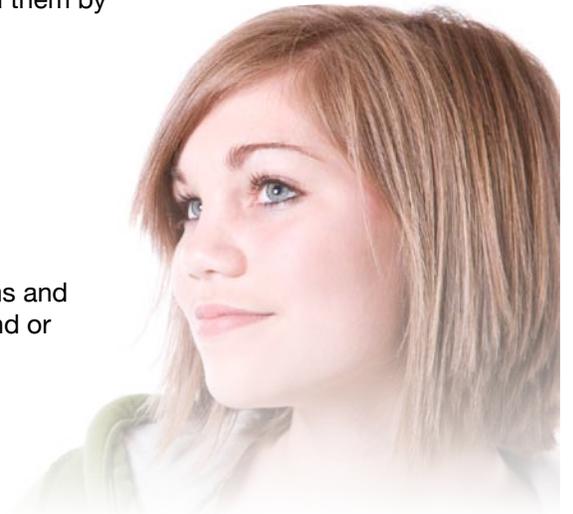
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**3. Come up with different solutions:**

Think of three different ways you can solve the problem. Don't try to decide which way is best, just think of three different things you could do that might help solve this problem. Write them (below) in the column "possible solutions."

**4. Compare the solutions:**

Once you've written down three possible solutions, start to think about the positive and negative things about each solution. Getting input from a close friend or family member can be very helpful.

Possible solutions	What's positive about this?	What's negative about this?

**5. Find the best solution and put it into action:**

Look over your list of positive and negative things about each solution and decide which one is the best.

You will then need to make a plan to put this solution into action. For this you will need to have good goal-setting skills. Learn more about goal-setting at [mindcheck.ca](http://mindcheck.ca).

Consider getting help in solving your problem from a close friend or family member, as they might have some good ideas to offer.

**managing stress**

Visit [mindcheck.ca](http://mindcheck.ca) for other strategies to help you manage stress, such as relaxation, time management, sleeping well and goal-setting.

**Check it out... Act now!**

Information and resources: [mindcheck.ca](http://mindcheck.ca)