

Structured problem solving

This helps you to:

- Recognise the difficulties that have contributed to you feeling overwhelmed
- Make you aware of the support you have, your personal strengths, and how you coped with similar problems in the past
- Find an approach to help deal with current difficulties
- Feel in control of your problems
- To deal more effectively with problems in the future

Steps in problem solving

1. Identify a problem that is worrying you
2. Work out what options are available to deal with the problem
3. List the advantages and disadvantages of each option, taking into account what is realistic.

PROBLEM:		
Options	Advantages	Disadvantages
1.		
2.		
3.		

4. Identify the best option(s) to deal with the problem
5. List the steps required for this option(s) to be carried out
6. Carry out the best option

BEST OPTION =
What steps are you going to try
1.
2.
3.

When things do not go as planned don't despair:

- What went right?
- What went wrong?
- What could you try next ?