

## Steps for Problem Solving

1 Define the problem

Accurately understand, in detail, what the problem is. Clearly define the problem.

2 Generate solutions

Brainstorm possible solutions in behavioral terms: what needs to be done to address the problem.

3 Select solutions

Discuss possible solutions: advantages and disadvantages of each and choose the best one. Focus on one solution at a time.

4 Apply solutions

Try out the solution: set specific times and goals to practice the solution between sessions.

5 Evaluate solutions

Assess how the solution turned out: how did it go? any barriers?

6 Repeat

If the solution wasn't successful, go back to step 1.