

PROBLEM-SOLVING WORKSHEET

(See directions for use on page 2)

FEELINGS AND PERCEPTIONS:

PERSON #1: _____

PERSON #2: (if it applies) _____

SUMMARIZE THE PROBLEM: _____

OPTIONS

COMMENTS (+ OR -)

_____	_____
_____	_____
_____	_____
_____	_____

PLAN: (Who, What, When, How, Other) _____

NEXT TIME IT HAPPENS: Backup plans (or reveal discipline for Parent problems)

PROBLEM-SOLVING WORKSHEET

Directions for Use

Use the Problem-Solving Worksheet for Child problems, mediation between two people, child-parent problems, or family councils.

1. **Feelings and Perceptions.** Write the person's feelings and perception of the problem—almost exactly as the person states them. If it is a Child problem, write only the child's feelings. If you are mediating, write each person's feelings. If it is a C/P problem, write your feelings as "Person #2."
2. **Summarize the problem.** Once we've listened to the description of the problem and the person's feelings, we want to sum up the problem in our words. Check the accuracy with the other person first, which will help identify the "core of the onion."
3. **Options.** Write *all* the ideas that are mentioned during brainstorming.
4. **Comments (+ or -).** Evaluate the positive and negative points of each idea.
5. **Plan.** Decide the details of the plan. Role play or teach skills so the child can put the plan in action.
6. **Next time it happens.** If this is a Child problem, have the child select a backup plan. If the problem is a C/P problem or it affects the family, decide the consequence of breaking the agreement. (Chapter 13, "Discipline Toolset," details specific possibilities.)
7. **Signed.** Signatures are optional, but are useful when mediating between two people or emphasizing an agreement between parent and child. Signatures are not proof of guilt or innocence if agreements are broken. They are tangible ways to emphasize agreements and commitments to try a plan.