

TIP SHEET 7.5

Client work sheet: Problem-solving practice

Stand back from the problem. Imagine that you are advising a friend. What exactly is the problem?

Brainstorm solutions:

Look at your list of brainstormed solutions. Cross out any that immediately appear silly or impossible. From the remaining list, imagine the possible short-term and long-term consequences of each option. Which strategies are possible? Which are likely to be possible? Write down your three favourite solutions below.

1

2

3

What do you need to do to implement the solution? Rehearse the strategy and consider whether it worked, or could be employed.