

CWSH 3: Client work sheet Problem-solving practice

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

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Brainstorm solutions:

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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.

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2

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3

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

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