

The Five Steps to Problem Solving

Directions: For each category below, list a problem. Then select one problem you listed and answer the questions below. Use the back of the page if you need to.

This is a problem I have:

- at school _____
- at home _____
- with friends _____
- with myself _____

Pick one problem you listed and answer these questions:

Step 1: What is the problem?

What are my feelings about it?

Step 2: What solutions have you tried?

Step 3: What else could you do and what would be the result?

Step 4: What's your next step?

Step 5: Evaluate: How did it go?