

Practice: How to Solve a Problem

You can use this blank form for working through other problems that come up.

1 What is the problem?

2 What is your goal?

3 How could you solve the problem?

- _____ ✓
- _____ ✓
- _____ ✓
- _____ ✓

4 What are the good and bad parts of each solution?

- _____ ✗
- _____ ✗
- _____ ✗
- _____ ✗

5 Your solution:

6 How did it go? Is the problem solved?

You can find a blank copy of this form at sethgillihan.com/books/CBT-parents.