

## Problem Solving Model

### 1. What is the problem?

- Define the problem.
- Who are the key people involved?
- How is the problem measured?

### 2. Who or what is affected by this problem?

- How am I affected?
- Who else is affected? How are they affected?

### 3. What is the desired outcome?

- What do I want to have happen?
- What might another person want to have happen to be okay?
- What are my responsibilities as I work towards a desirable outcome?

### 4. What can you do to meet these needs and solve the problem?

- What has worked in the past?
- What has worked for others?
- What guidelines/policies do I have to follow?
- Am I respecting myself ?
- Am I respecting the other individual(s)?

### 5. Select a possible solution and try it out:

- Which of the solutions fits best for me and the people involved?
- Do I have what I need for my solution?
- Try that solution out.

### 6. Review and assess solution:

- Did the solution resolve the problem? Do you need to adapt it?
- If the solution did not resolve the problem, go back to the possible solutions to see if another one will work.