

Solving Problems and Achieving Goals¹

Step 1. What exactly is the problem or goal?

Talk about the problem or goal until you can write down exactly what it is. Ask questions to make the issue clearer. Break a big problem or goal into smaller parts.

Step 2. List all possible solutions – brain storming.

Make a list of all ideas, even ‘bad’ or ‘silly’ suggestions. Get everyone to suggest something. DO NOT talk about whether ideas are good or bad at this stage.

Step 3. Briefly highlight the main advantages and disadvantages.

Get the group to say what they think are the main advantages and disadvantages of each suggestion.

Step 4. Choose the most practical suggestion.

Choose the solution that can be carried out most easily with the resources (time, skills, materials, money, etc.) that you have at the present time.

Step 5. Plan exactly how to carry out the solution.

Organise how to get the resources you need. Consider how to cope with likely hitches. Practise difficult steps. Date and time to review progress with plan

Step 6. Review progress in carrying out the plan. Praise all the efforts people have made.

Review Date:

¹ Ian R. H. Falloon. Australian and New Zealand Journal of Psychiatry 2000; 34 (Suppl.):S185–S190
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