

## Worksheet 6: Problem-solving

Stage 1: Identify the worry

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Stage 2: Identify solutions

1. 

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2. 

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3. 

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4. 

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5. 

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6. 

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7. 

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8. 

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Stage 3: Assess the strengths and weaknesses of each potential solution

You can use Worksheet 7 for this stage

## Stage 4: Choosing a solution

Chosen solution

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Other 'maybe' solutions

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## Stage 5: Planning the solution

Step 1: \_\_\_\_\_

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Step 2: \_\_\_\_\_

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Step 3: \_\_\_\_\_

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Step 4: \_\_\_\_\_

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Stage 6: Trying the solution

Stage 7: Reviewing how it went

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