

# Problem Solving

A practical approach to solving problems

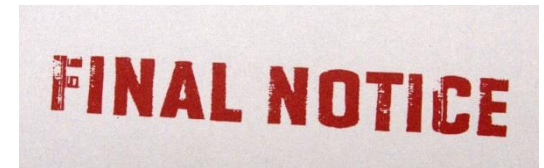


# Problem solving

*A structured approach to practical problems which are overwhelming*



- Avoidance
- Distraction
- Do nothing



# Problem Solving

1. Identify one problem
2. List all possible solutions
3. Pros and cons of each solution
4. Select one solution
5. Make an action plan
6. Implement the plan
7. Review: return to step 4 (or earlier step) if necessary

# Identifying

## WORKSHEET ONE



### Identify one problem

My daughter wants to go out for a picnic but it causes too much pain

# List solutions

## WORKSHEET ONE



### List all possible solutions

1. Don't go
2. Hire an electric wheelchair
3. Pick an accessible location

# Advantages & Disadvantages

## WORKSHEET ONE



Solution	Advantages	Disadvantages
1. Don't go	Won't be in additional pain	Daughter will be disappointed. Think I'm a failure
2. Hire an electric wheelchair	Be able to get around without too much additional pain	Too expensive Won't fit in car
3. Pick an accessible location	Won't be in too much additional pain	

# Choose a solution

## WORKSHEET TWO



Select one solution

Choose an accessible location

# Make an action plan

## WORKSHEET TWO



Make an action plan	
Steps	<i>Include what, where, when, and with who</i>
<b>1</b>	Search for accessible picnic locations
<b>2</b>	Agree with daughter which location
<b>3</b>	Plan the route, including places to rest
<b>4</b>	Prepare picnic the night before
<b>5</b>	Leave with enough time to get to the location with rests



# Carry out and review

## WORKSHEET TWO



### Review your solution

*What went well?*

*What could you do differently*

Packing the picnic basket the night before helped with pain and fatigue, daughter enjoyed the picnic. In future it might be helpful to bring a chair to sit on.

# Troubleshooting

- Problem too big → Break it down into smaller chunks
- Too many problems → Pick one at a time to solve

# Trouble shooting

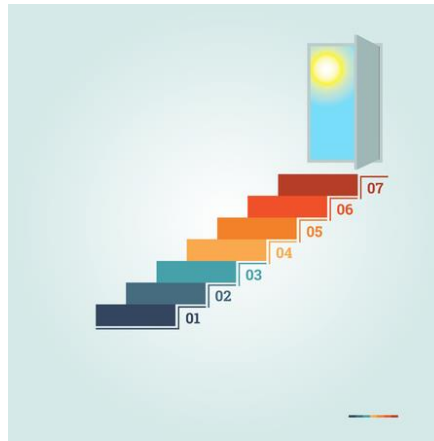
- Can't think of solutions → Ask what have I done in the past? Ask friends. Google it.
- Solution didn't work → Go back to step 4 (or earlier if you have new information) and choose another solution

# Trouble shooting

- Can't decide which solution → choose one, perhaps one that seems easiest. Remember the solution doesn't have to be perfect, and trying something can help get you unstuck.

# Take Home Message

*Problem solving can help you manage life's difficulties with greater confidence, calm and effectiveness.*



# Next steps

- Practice
  - If you think practical problem-solving could help you we suggest you try it out on a problem today
- Make practical problem-solving a habit
  - Set time aside for using this technique on a regular basis

# Next steps

- Tell someone else about this technique
  - Teaching someone is a great way of learning things yourself – and helping them
- All worksheets and a PDF are freely available at <https://www.talkplus.org.uk>