



Family Problem Solving

— GOAL STATEMENT —

1. Make a good goal statement:

2. Brainstorm solutions:

3. Consider solutions:

Solution A: _____

Advantages: _____

Disadvantages: _____

Solution B: _____

Advantages: _____

Disadvantages: _____

Solution C: _____

Advantages: _____

Disadvantages: _____

Solution D: _____

Advantages: _____

Disadvantages: _____

4. Combine solutions and come up with a plan *(who will do what and when)*

5. Write an agreement *(who will do what and when)*

6. Try it out!