

DANCER Personal Problem-Solving Steps

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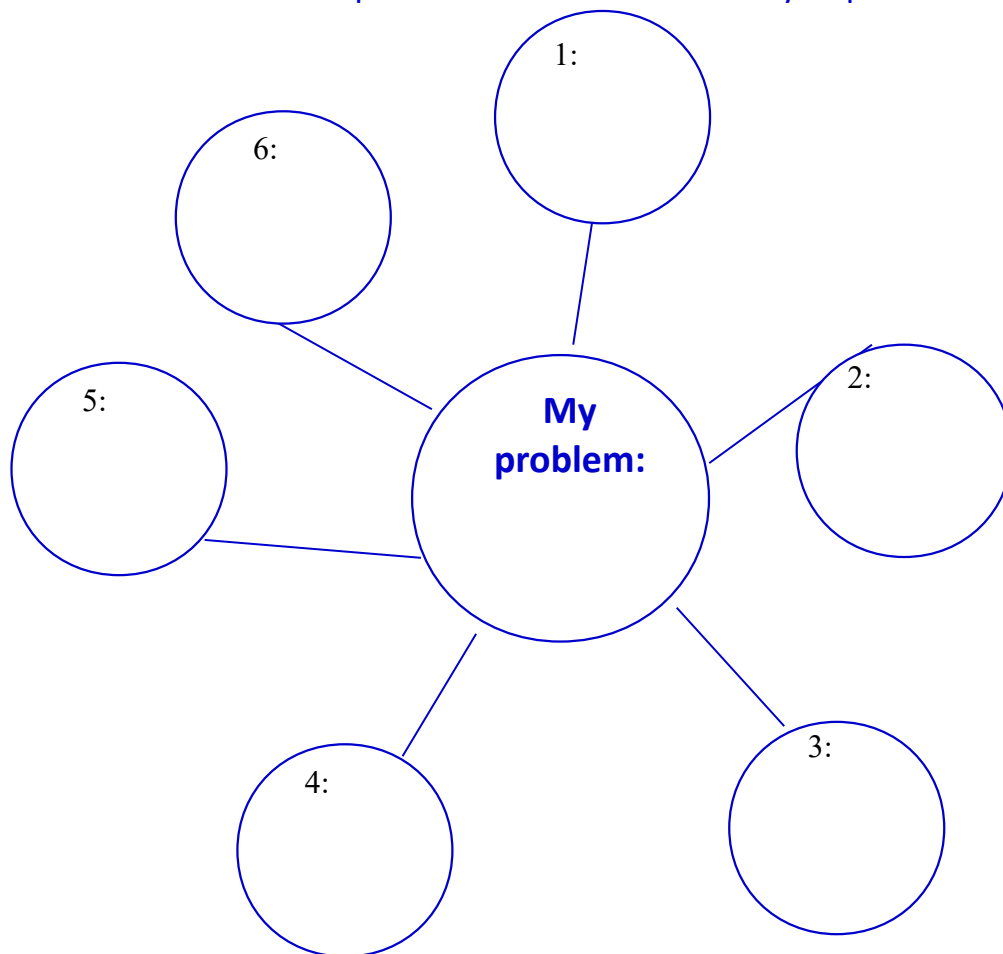
7A

<p>Describe the problem/s</p>	<p>1</p> <p>2</p> <p>3</p>
<p>Accept it as a positive</p>	<p>I welcome this problem as ..</p>

Name numerous possible solutions:

Brainstorming (mind-map/spiderweb)

Center a problem and look at a variety of possible solutions



Compare the plus and minus of each solution (pros & cons) from your brainstorming/mind mapping step. Enter each solution and think of the advantages and disadvantages before choosing a solution.

SOLUTIONS		ADVANTAGES	DISADVANTAGES
1			
2			
3			
4			
5			
Execute the favourite solution/s		My chosen solution (which might be a combination of the above suggestions) is to	
Who carries it out		Name/s:	
What I need			

Review

When it will be done-	Date
Do I need to rehearse it?	Yes No <input type="checkbox"/>
When I will review and assess whether it worked – or plan for another solution	Date