# POWER: Positive Problem Solving

Name \_\_\_\_\_

Date \_\_\_\_\_

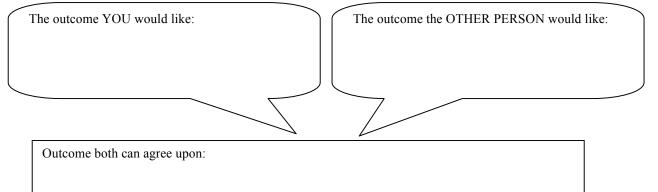
Period

BRIEFLY describe the REAL situation that led to the REAL problem:

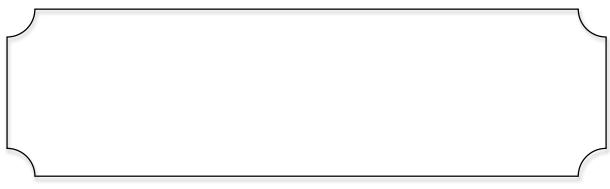
## **P:** Define the Problem.

YOU: what would/did you describe as the problem? OTHER PERSON: what would/does the other person think is the problem?

## **O:** Decide on an Outcome. List Options to get the outcome.



#### List at least five ways you could achieve this outcome:



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## W: Choose What's best to do. List three options from the front and list the pros/cons.

OPTIONS	PROS 😊	CONS 😕
1.		
2.		
3.		

 $\bigstar$  Place a star next to the item to be tried.

### E: Enact the plan. (or at least pretend you will...)

List the steps to be taken: 1.	
2.	
3.	
4.	
5.	

**R:** Reflect and Revise (If you actually tried an option, please answer the last three questions.)

B.	How	do	you	feel	about	solving	the	problem	this	way?	
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C. What might you do differently next time? Why?