

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?

Phrase the problem in a way that both of you would agree is the issue:

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

The outcome YOU would like:

The outcome the OTHER PERSON would like:

Outcome both can agree upon:

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.		

★ 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.)

A. Did it solve the problem? _____

B. How do you feel about solving the problem this way?

C. What might you do differently next time? Why?
