


SMART Tool

THE PROBLEM SOLVING WORKSHEET

1. Define the problem:

Answering the questions below will help you to define the problem. Be as specific as possible.

When does the problem typically happen? When is it likely to happen?
When I get home from work after a long day and the kids are screaming and yelling at one-another.
Who is involved? Who else is likely to be involved?
The kids
What usually happens? What is likely to happen?
I get overwhelmed with everything I have to do and reach for the bottle of wine.
What are your typical thoughts and feelings about this situation?
Overwhelmed. I can't do everything. I have too much to do. The house is a mess. The kids are demanding my attention.

2. List the things you could do:

Brainstorm! Be as creative as possible. Write down everything that could be included as a possible strategy

Have someone else look after the kids for an hour when I get home
Buy take-away
Take the kids out for dinner
Ignore the kids / not cook dinner
Do it all sober

3. Evaluate each strategy:

Give each of the strategies above a rating out of 10 by asking the following questions:

- How likely is it to work?
- How prepared am I to give it a try?
- What are its good points?
- What are the possible risks?