



## 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.

<b>When does the problem typically happen? When is it likely to happen?</b>
<b>Who is involved? Who else is likely to be involved?</b>
<b>What usually happens? What is likely to happen?</b>
<b>What are your typical thoughts and feelings about this situation?</b>

## 2. List all the things you could do:

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


## 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?