

# Exercise

Professional Version | US English

# Problem Solving



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## Description

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*Problem Solving* is a structured worksheet which encourages solution-focused thinking. Clients are encouraged to identify a problem, then to identify multiple potential solutions, then to take steps to put a solution into action.

# Problem Solving

What is the problem or worry?

Brainstorm potential solutions.

Advantages of this solution:

Disadvantages of this solution:

Pick the best solution (or the least-worst).

What steps do you need to take to put this solution into action?

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## Resource details

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