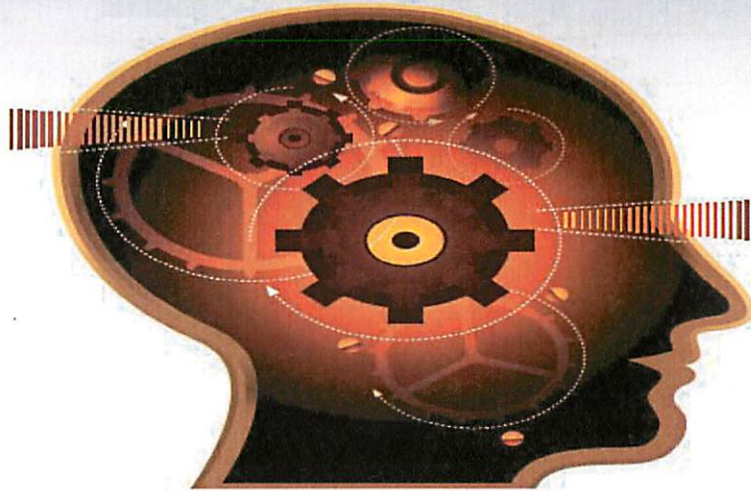


STAR



*Strategic Techniques Aimed at
Reducing Re-Arrest*

PROBLEM SOLVING SKILL WORKSHEET

PROBLEM

- Identify the problem in specific and factual terms :

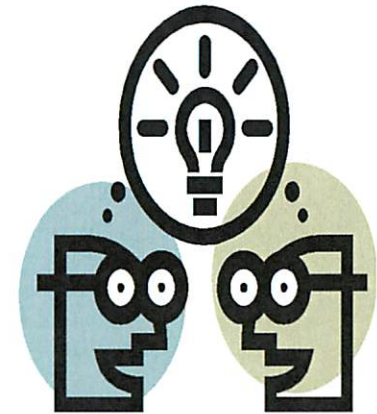
GOALS

- Determine what you wish to accomplish towards solving the problem. Focus on realistic and positive outcomes.

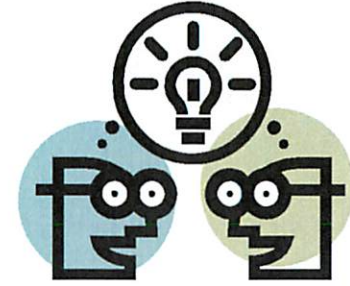
BRAINSTORM

- Simply create a list of possible solutions to the problem

During brainstorming it is not necessary to consider whether or not the steps will be effective



BRAINSTORM



- Simply create a list of possible consequences for each solution.

Remember – Consequences can be positive or negative.

Solution	Consequences	
	Short term	Long Term

PLAN

- Consider the consequences (short-term and long-term) of each possible solution identified through brainstorming. Choose the solution that will be most effective in reaching your goal(s). Develop an action plan using the solution you've chosen.

Action:

Who is involved? Identify anyone involved in carrying out the selected choice

What will be said or done? Behaviorally specific steps to accomplish the selected choice.

Ex: A) Request time with the other person; B) Meet with the person at the designated time; C) Express your concern/complaint in a calm manner; D) Listen to the response of the other person E) Decide on a way to solve the problem

When will this behavior take place?

Why is it my best option?

Short term benefits:

Long term benefits:

Action:

Who is involved? Identify anyone involved in carrying out the selected choice

What will be said or done? Behaviorally specific steps to accomplish the selected choice.
Ex: A) Request time with the other person; B) Meet with the person at the designated time; C) Express your concern/ complaint in a calm manner; D) Listen to the response of the other person E) Decide on a way to solve the problem

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Ex: A) Request time with the other person; B) Meet with the person at the designated time; C) Express your concern/ complaint in a calm manner; D) Listen to the response of the other person E) Decide on a way to solve the problem

When will this behavior take place?

Why is it my best option?

Short term benefits:

Long term benefits:

COMMIT

- Commit yourself to making use of this plan

IMPLEMENT

- Execute the plan by making progress on each of the chosen steps or actions

EVALUATE

- Review progress and outcomes after implementing the plan
Consider making changes to the plan as needed

1) Did you reach your goal?

If not, why not?

Ex: I did not use the skill or implement the plan as designed or the plan failed to consider important obstacles

2) To be successful I need to?

Ex: make the following adjustments to my plan 1. 2. 3.

THE 4 QUESTIONS

What is the problem?

What do I want?

What are my options?

How will I do it?

