



STAR

STAFF TRAINING AIMED
AT REDUCING RE-ARREST

PROBLEM SOLVING WORKSHEET

PROBLEM

Describe the problem in specific and factual terms.

(What is the problem? What is causing it?)

GOAL

What is the goal?

(Achieving this goal must help you solve the problem. The goal should be specific, measurable, and realistic.)

BRAINSTORM – ANALYSIS

Think about the Pros and Cons of all of your options and select the best option.

Option		Pros and Cons	
		Short-term	Long-term
	Pros		
	Cons		
	Pros		
	Cons		
	Pros		
	Cons		
	Pros		
	Cons		

PLAN

After choosing the best option, develop a plan of action. Be specific and clear about who is involved, what you have to do or say, when you will do it, and why this is your best option.

Action:

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

What will be said or done? Identify the specific steps you must take to achieve the goal.

When will this behavior take place?

Why is it my best option?

Short-term benefits:

Long-term benefits:

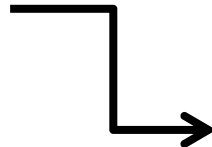
COMMITMENT: Will you agree to carry out your plan?

TAKE ACTION: Carry out all of the steps of your plan to reach your goal.

CHECK: After taking action on your plan, check to see if you have reached your goal.

_____ Goal reached

_____ Not yet



What other options do you have?

(Brainstorm, plan, and take action again)

Now that you have learned how to problem solve, these four questions can help you remember what to do when you face a problem. Sometimes you may face a situation that you don't have a solution for, or your normal response may make it worse. If you ask yourself these four questions, you will be on your way to solving your next problem.

What is the problem?

What do I want?

What are my options?

How will I do it?