

FINDING ANOTHER SOLUTION

Sometimes people become fixed in their thoughts and ideas and struggle to see more than one solution to a problem. We need to become more flexible in our thinking, recognize if the solution we chose is not working, come up with alternative solutions, and consider their potential positive and negative outcomes. In the following chart, think about a problem, come up with possible solutions, and list the positive and negative consequences that might happen. Then, review all of the solutions and consequences you thought of and select the best way to solve the problem

My Problem Is: _____

Possible Solutions	Positive Consequences	Negative Consequences
1.		
2.		
3.		
4.		
5.		