

Problem Solving Tool

Break the Vicious Cycle at the situation level

Step 1: Define the problem and decide what bit you would like to work on and what you would like to do about it.

Step 2: Generate a list of possible ways to achieve this; get creative, and don't rule anything out at this stage

Step 3: From your perspective, consider the pros and cons of each of these ways of achieving your goal.

Step 4: Select the best-fit solution (or the least bad one).

Step 5: Make a detailed action plan to implement the chosen solution. Include *what*, *where*, *when*, and *with whom*.

Step 1: What is my problem? What do I want to do about it?			
Step 2: List the ways you could achieve this.	Step 3: Consider the pros and cons of each possible solution		Step 4: My best option
	Pros	Cons	
Step 5: How I am going to achieve my goal.			

Continue on the back if necessary