The 6-Step Problem Solving Process

Engaging others in solving problems helps build connection and better communication skills. This process can be used to manage anger, discuss family challenges, or other relationship concerns.

1) **State the problem**: Describe what happened, figure out the problem and state it. (If you can describe it in observable, repeatable and countable behavior that is the most helpful.)

2) **Brainstorm solutions**: Try to think of as many possible solutions to the problem as you can. (Don't worry about how good they are or whether they will work.)

3) **Select one solution**: Think about all the possible solutions you came up with and choose the one you think will work best for solving the problem. Choose a solution everyone can live with, that is fair and workable, and that will prevent the same problem from happening in the future.

4) **Implement the solution**: Put the solution into action.

5) **Evaluate the solution**: Evaluate whether the solution is working to solve the problem and whether all parties concerned are satisfied.

6) **Decide**: If it's working great! Keep it up. If it's not working, go back to step #1 and use the problem-solving process again to figure out another solution that will work, or return to step #3 and select an alternative solution.