

For Children: Problem Busters Worksheet



Is there something getting in the way of what you need or want to do? Try working through these steps with your counselor!

1. What is the problem?

Take a minute to make sure that this is really *your* problem to tackle.

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| A. Is it happening to me? | Yes | No |
| B. Is it happening between me and someone else? | Yes | No |
| C. Is it happening to someone else? | Yes | No |
| D. Is it happening between two or more other people? | Yes | No |

(If you circled "yes" to A or B, this is likely a good problem for you to work on. If you circled "yes" to C or D, this may be a problem for someone else to work on. Talk with your counselor.)

2. Set your goal: What do you need or want?

3. **Brainstorm:** What are some things you could do to meet your goal? Try to come up with five to 10 ideas. Remember don't judge yourself—put down all ideas, good or bad!

4. **Choose the best solution:** Decide which plan would work best for you.

Put it into action!

Give it a try. If it doesn't work out, you can try another problem buster.