

# Planning and Trying Your Solution

Name: \_\_\_\_\_

Date: \_\_\_\_\_

*Think of a current problem in your life. For this exercise, use the same problem as you used during the last session. Use this worksheet as a guide to complete step 3 of problem-solving.*

## Step 3) Plan and Try Your Solution

### Plan My Solution

Steps I could take to solve my problem are:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

A social skill I might use is: \_\_\_\_\_

### Try a Solution to My Problem

I will carry out my plan on: \_\_\_\_\_