

# Brainstorming Options

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 steps 1 and 2 of problem-solving. Step 1 will be transferred from the Worksheet: Identifying Your Problem and Goal.*

## Step 1) Identify the Problem and Goal

### The Problem:

I recognize my thoughts and feelings and put them aside to objectively describe the problem.

The problem is: \_\_\_\_\_

\_\_\_\_\_

### My Goal:

Considering the feelings of everyone, my goal is: \_\_\_\_\_

\_\_\_\_\_

## Step 2) Brainstorm Options and Choose the Best One

### Possible Options I Could Take:

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

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

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

4) \_\_\_\_\_

5) \_\_\_\_\_

**Choose One:**

Decide which option best meets my goal(s) without harming myself or others (list likely consequences of each option):

OPTION	Help Reach Goal?		LIKELY CONSEQUENCES
	Goal 1	Goal 2	
1.			Positive:  Negative:
2.			Positive:  Negative:
3.			Positive:  Negative:
4.			Positive:  Negative:
5.			Positive:  Negative: