

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: