Problem Solving

Children who are resilient are able to solve problems on their own, or know who to talk to for help solving problems. By helping young people to develop feelings of mastery and control we are helping them to become more resilient and to enable to cope with difficulties they may face.

Work with the young person, following the steps in the flowchart and writing down all the results. This enables the young person to see that there is more than one solution to a problem, and that by considering all the options he/she might come up with even more solutions. This approach can be used in many situations, from friendships problems to difficulties with homework, and encourages self reflection.

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Problem Solving

Write down the problem

List all the possible solutions— however weird or wonderful

Write what would happen if you chose that solution

Is the plan doable?

How good is this plan? Rate 0-10

Write down the outcome after trying the solution