

Problem-solving worksheet for couples

Step: takes turns to answer each question	Notes	Action	
<p>What is the problem? What makes it important?</p>	<p>Soften your opening remarks: start with something positive Be brief and be specific Express how the problem makes you feel Acknowledge your own role in the problem Deal with one problem at a time Check you've understood Talk about what you observe</p>		
<p>What possible solutions could we try?</p>	<p>Focus on solutions, not causes Solutions should involve both of you – be willing to compromise Be creative – don't edit or censor at this stage Be open to influence</p>		
<p>Pick the best three What are the pros and cons of each solution? Evaluate the possible benefits and costs of each solution for everyone involved Circle the best one</p>	<p style="text-align: center;">Solution 1</p> <p>Pros</p> <p>Cons</p>	<p style="text-align: center;">Solution 2</p> <p>Pros</p> <p>Cons</p>	<p style="text-align: center;">Solution 3</p> <p>Pros</p> <p>Cons</p>
<p>What is our action plan? What order do actions need to occur in?</p>	<p>Specify the who, what, when, where and how Check that the plan really is:</p> <ul style="list-style-type: none"> • Agreeable • Going to be done • Isn't going to leave either of you angry or resentful • Is trialed and reviewed 		
<p>Evaluate the outcome: what worked, what didn't, what do we do next?</p>	<p>Ask each other how well the solution met the needs of everyone involved Make and receive repair attempts if necessary Help each other to keep calm by not raising the stakes Show acceptance: solve the problem don't try to change the person</p>		