Step 5: Develop a plan

- Decide when and how you will try out your potential solution.
- Reach out for support and accountability if needed.
- Try it in a way that feels most comfortable and low risk, because
 this will increase the likelihood you will follow through with it.

Step 6: Carry out the plan

 If you are nervous, do something relaxing and confidence-building right beforehand.

Step 7: Decide if the plan worked

- Ask yourself, "How am I feeling now? Are my feelings about the situation better?"
- Did this solve the problem?
- Were the consequences mostly positive?



IF YES:

Congratulations! Problem solved!



IF NO:

Pick another potential solution to try and repeat steps 4-7

Guided And Study Workbook Problem Solving

Scott C. Dulebohn

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