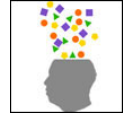


Problem Solving Therapy



Step Four: Generating Solutions Brainstorming Worksheet 1

Use the following worksheet to write down your problem and the potential solutions if you prefer a list format. Don't feel that you have to stop at 12 solutions. Turn over and use the back of the page if you come up with more.

Problem

--

Potential Solutions:

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	