

Adult Problem-Solving Worksheet

Use this worksheet to break down a problem, think clearly,
and choose the best solution.

What is the problem?

Why is this a problem?

What caused the problem?

Work-related

Health

Family/relationships

Miscommunication

Financial

Explain briefly: _____

What are your options?

1. _____

2. _____

3. _____

Pros and Cons

Option 1

Pros: _____

Cons: _____

Option 2

Pros: _____

Cons: _____

Option 3

Pros: _____

Cons: _____

Option 4

Pros: _____

Cons: _____

What worked well?

What would you do differently next time?
