

Self-Advocacy

THE BASICS



Problem Solving

Purpose

The purpose of this session is to increase the participants' confidence in being able to solve problems and to provide some practical approaches to problem solving.

Important Points to Learn

- Everyone has a problem at one time or another, whether it is a big problem or a small problem.
- We need skills to solve problems so that we can stay in control of what happens to us, avoid the harmful results of bad decisions, reach goals, maintain friendships and deal with difficult situations.
- A simple 5-step approach to problem solving;
 1. Relax-take a deep breath
 2. Tell yourself something positive - I can do it!
 3. Identify the problem.
 4. Think of possible solutions
 5. Choose the best solution



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QUESTIONS TO CONSIDER

Can you think of a time when you had a problem and you were able to solve the problem? How did that make you feel? How did you solve the problem?

ACTIVITY: WHAT DO YOU LIKE?

Divide the participants into two groups. Present each group with a different problem that they must solve. Remind the participants about the 5 steps to solving a problem (you can post them on the wall as a reminder). Have each group take time to develop a solution to the problem. When the groups are finished, have a representative from each group share the solution that they developed. Some samples of problems could include:

- Your roommate is messy and you have to clean up after them if you want a clean place to live.
- You moved into a new neighborhood and you don't know anyone.
- You have problems managing your money and you don't seem to have money available to buy some extra things that you might like.