

Social Problem Solving: Goals/Barriers and Fact-Checking

(Use 1 worksheet for each distinct problem you encounter)

This worksheet is designed to support the basic social problem solving process, by way of clarifying one's problem solving goals, determining any barriers to those goals, and fact-checking (verifying whether a given barrier actually exists).

1. Define the interpersonal or social problem you have encountered, in the simplest and clearest terms (example: My neighbor keeps dropping over uninvited, and it keeps me from getting things done efficiently).

2. What is your primary goal in trying to resolve this problem (example: Stop my neighbor from coming over uninvited).

3. What are the barriers to achieving this primary goal (example: I am afraid I will offend this person if I ask him/her to stop coming over uninvited, and if I offend them, they might not be willing to help me if I'm in need of something). If more than one barrier, rank them in terms of most to least problematic.

Barrier 1:

Barrier 2:

Barrier 3:

Barrier 4:

4. Fact-Checking (for each Barrier listed above, have you verified that it is a problem? Example: you believe someone has been ignoring your messages, but find out later they lost their phone):

Barrier 1: is this verified as an actual problem? Yes No

Barrier 2: is this verified as an actual problem? Yes No

Barrier 3: is this verified as an actual problem? Yes No

Barrier 4: is this verified as an actual problem? Yes No

Dr. Jeffrey Gaines