

## DANCER Problem Solving Worksheet

Save or print

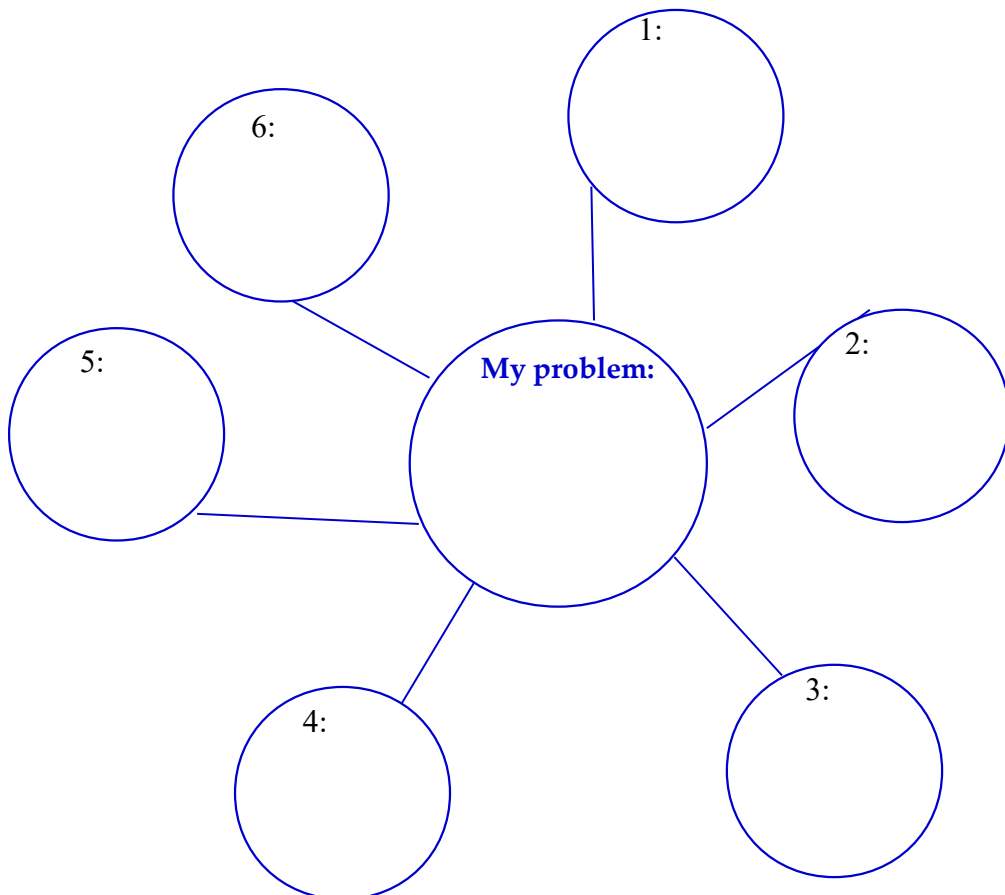
© www.HappinessSkills.ie

<b>Describe the problem/s</b>	1  2  3
<b>Accept the problem/s as a positive</b>	

Name numerous possible solutions:

### Brainstorming template –

Choose one problem at a time and look at a variety of solutions to this problem



Compare the plus and minus sides of each solution and Choose a solution		
SOLUTIONS	ADVANTAGES	DISADVANTAGES
1		
2		
3		
4		
5		
Execute the favourite solution/s:		
Who carries it out	Name/s:	
What I need		

### Review

When it will be done-	Date
Do I need to rehearse it?	Yes <input type="checkbox"/> No <input type="checkbox"/>
When I will review and assess whether it worked – or possibly plan for another solution	Date Notes:

