Problem-Solving Worksheet

Handout available for download on the YRRP website at www.yellowribbon.mil/cms/event-handout/

Mike & Jen Scenario

Before his deployment, Mike regularly took his son, Jacob, to little league practice. After Mike was deployed, Jen took over. Now that Mike is back, Jen does not want to give up this activity. She enjoys watching Jacob practice and talking with the other parents with whom she has made several friends. When Jen says she will be taking Jacob to little league this week, Mike sees himself as being left out. He becomes really angry and argues with Jen. During the argument, Mike calls Jen derogatory names and says she should not get in the way of him reconnecting with his son. He throws a coffee mug against the wall and storms out of the house.

Problem-Solving Exercise

1. Define the problem specifically and objectively:

2. Write down your goals specifically and objectively:

3. List as many solutions as you can:

   List positive and negative outcomes for each solution:

4. Select the best solution and describe how to carry it out with specific behaviors: