



GARIN DOUGLAS VICK, PSY.D.

CLINICAL & FORENSIC PSYCHOLOGY

PROBLEM SOLVING QUESTIONS

1.) What happened? In own words, describe the situation/problem

2.) What did you do or say? Did it work?

3.) What did you want to happen?

Remember: A good response meets two criteria. If your response meets **both** these criteria, it is probably something to try. If your response **does not** meet **both** criteria, it is likely something you don't want to try.

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FAMILY FOCUSED



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A good response does:

- 1.) Not get me in trouble.
- 2.) Does not increase the risk of me or someone else getting hurt.

- 4.) What could you do next time to achieve your goal?

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