

DBT

Problem Solving

Problem Solving steps

1



DESCRIBE

Identify the problem accurately. State the facts.

2



IDENTIFY GOALS

What is your main objective?

3



BRAINSTORM OPTIONS

Generate multiple solutions. No idea is bad!

4



EVALUATE OPTIONS

Pros & Cons of each solution.

5



SELECT A PLAN

Choose the best feasible option.

6



ACT & REVIEW

Execute the plan. Did it work? If not, try again.