
Exercise 2-5: Review a Problem

INSTRUCTIONS: Pick a problem that has been bothering you and follow it through the steps below.

1. Define the problem behaviorally.

2. Gather data:

A. How frequently does the behavior occur? _____

B. When is the behavior most likely to occur (place, time, or people involved)?

C. Is the problem common at your child's age? _____

D. Problem ownership: Who owns the problem? _____

What are the unmet needs? _____

3. List alternatives:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

4. Evaluate & choose. Evaluate the alternatives. Which alternative is best for everyone? Develop a plan.

5. Revise. If the problem persists, which alternative will you choose next?

How did it go? (Evaluate your solution)
