

SNAP

Problem Solving Model

It can be helpful to have a step-by-step way to solve problems.

Think of a problem that puts your family in the yellow zone and use the following steps to help you solve it.

STEP 1: **S**tate the problem

- Identify only one problem, clearly stated in one sentence.

STEP 2: **N**ame the Goal

- Be realistic and specific in a positively worded sentence. In other words, state exactly what behavior you want to see.

STEP 3: **A**ll possible solutions

- Make a list of all possible actions you could take even if some of them might not be the best solution. Generate as many options as possible.
- Think about strategies that you have used in the past and that you might want to add to the list.
- When problem solving as a family, encourage all family members to contribute to the list.

STEP 4: **P**ick the best option and try it out

- Evaluate the strength and weakness of each option. Reach a decision about which option to try.
- Try out the option you selected. Select another option if the first one does not achieve the intended goal.

