

Solution Planning Sheet

Name _____ Date _____

Staff Name _____

It takes courage and determination to face difficult issues and to make plans to solve them. We are here to support you as you face challenging situations, make plans, and find the solutions that work best for you. In order to understand your ability to find solutions let's start by focusing on your personal strengths.

Strengths. Take a few minutes to recall your past successes.

What are you proud of? _____

What are you good at? _____

What have your main accomplishments been? _____

What personal strengths do you use most often? _____

What brings you here today? People often come to us because they need help sorting out things that are happening to them.

What solutions are you seeking? _____

How can you use your past successful experiences to help find solutions?

What approaches or solutions have worked for you in the past? _____

What can we do to help you find and use the solutions that will work for you now? _____

What will it take?.

What changes will you make in order to successfully manage the issues that brought you here?

What new things will you do to prevent this problem from happening again? _____

What help will you need from others in order to successfully reach your solutions?

Plan for staying well.

What are the things you will do on a regular basis to help you stay well? _____

How will you know if you are starting to slip? _____

What will you do to pull yourself out of a slump? _____
