



A collaborative approach to counseling, healing, and well-being.

Solving Our Family Problem

What is the problem? In a couple sentences describe the problem:

Now that the problem has been defined, come up with possible solutions. No idea is wrong...write all ideas down. Then each family member has a chance to vote (Yes, No, or Maybe) on each possible solution.

Possible Solutions	Kid 1	Kid 2	Parent 1	Parent 2
<i>(example) Each child can take turns choosing weekend chore</i>	Y	N	M	Y

Now it's time to pick one or two and give them a try. Remember that not all solutions will work exactly how you are hoping. Give them a chance and change things if they are not working over time.