

PROBLEM SOLVING STRATEGIES

To work on problem solving skills outside of the clinic, you can attempt problem solving and deductive reasoning puzzles at home. When encountering a difficult problem the following steps should be employed:

- **Specify the Problem:** What is the specific problem you have encountered?
- **Generate Options:** Decide what your available options are for solving this problem.
- **List the Pros and Cons of Each Option:** Decide the possible outcomes, both good and bad, of each of your choices.
- **Choose an option:** Pick one of your options and try it out.
- **Evaluate your choice:** Did it work to solve your problem? Why or why not? What could you have done differently?