

The SOLVED Technique

This tool helps guide you through the steps to most effectively identify and solve problems in your life.

S

Select a Problem

Think about situations when you feel distress or difficulty problem solving.
Write your problem here:

O

Open Your Mind to All Solutions

Be as broad as possible. Brainstorm all possible solutions. Writing may be particularly helpful for you.
Tips:

- Think about an advice you would give someone else with this problem.
- Examine the ways you have handled similar situations.
- Consult with a close friend or relative for additional solutions.

Write your solutions here:

L

List the Potential Pros and Cons of Each Potential Solution

Often, writing options, along with listing pros and cons, can be helpful in considering potential options. Writing allows additional thought, as well as a visual image of options.

Things to consider:

- Consider solutions in a logical manner, thus reducing the time spent ruminating.
- Identification of pros/cons may require obtaining information from other people.

List your pros here:

List your cons here:

V

Verify the Best Solution

Examine the pros and cons and “rank” the order of the solutions listed based on which solutions are most practical and/or desirable.

Write your comments here:

E

Enact the Plan

Identify the steps needed to carry out the solution selected. If necessary, break actions down into steps small enough to facilitate achievement of goals.

Write down how you plan to carry out those solutions here:

D

Decide if the Plan Worked

How well did your chosen solution actually work?

If the solution was not effective, return to the first step in the SOLVED technique to specify a new problem or move to “O” or “L” to identify other goals or potential solutions for the same problem: