

Problem solving solution

Use this tool to document your injury recovery journey. Separate any problems into manageable pieces to help you decide on solutions.

<p>Defining the problem and potential contributing factors</p> <p>Definition</p> <p>Contributing factors</p> <p>Maintaining factors</p>	<p>Brainstorm possible solutions</p> <p>Don't evaluate just dump ideas</p>	<p>Consider (analyse) pros and cons <i>(for each potential solution)</i></p> <p>Pros</p> <p>Cons</p>	<p>Steps to put one of the solutions into action</p> <p>Step 1</p> <p>Step 2</p> <p>Step 3</p> <p>Step 4</p> <p>Step 5</p> <p>Step 6</p> <p>Step 7</p>
--	---	--	---