

## HANDOUT 9D

## My Strengths and Challenges When Problem Solving

Below are some questions to help you reflect on your problem-solving practice. Consider where you were successful and where you have areas for growth and more practice.

What went well in your problem-solving practice?

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What did you and others practicing like about brainstorming?

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What did you do that contributed to any successful moments?

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What did your co-parent or child do that contributed to any successful moments?

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What traps did you fall into (such as blaming or lecturing)?

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Where did you get stuck in this process?

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What skills do you need to practice more before you're ready to tackle a serious family problem or conflict?

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Where can you get the support you need to practice this process?

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