

## Activity: Problem-Solving Situations and Routines

Situations: \_\_\_\_\_

What are the goals for your family (e.g., changes desired, behaviors of concern) during your family's difficult situation?

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What patterns might be contributing to your behavior as a family during this routine?

The circumstances associated with your best and worst times:

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The outcomes causing the patterns to continue:

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Given your understanding about the patterns surrounding problem routines, what strategies might you put in place to

Prevent problems?

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Replace behavior?

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Manage consequences?

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