

Generating Alternative Solutions and Better Decision Making

A group setting can provide an ideal opportunity to share a problem and identify potential solutions arising from multiple perspectives.

Ask the client to explain the situation or problem to the group and the obstacles in the way.

Summarize below:

Capture the five best alternative solutions the group came up with:

Alternative solution	Will it work?	Can I carry it out?	Personal effects (positive and negative)	Social effects (positive and negative)
1.				
2.				
3.				

Alternative solution	Will it work?	Can I carry it out?	Personal effects (positive and negative)	Social effects (positive and negative)
4.				
5.				

Alternative solution chosen:

The individual can share their decision-making process with the group if they wish further feedback.

References

- Dobson, K. S. (2011). *Handbook of cognitive-behavioral therapies*. New York: Guilford.

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