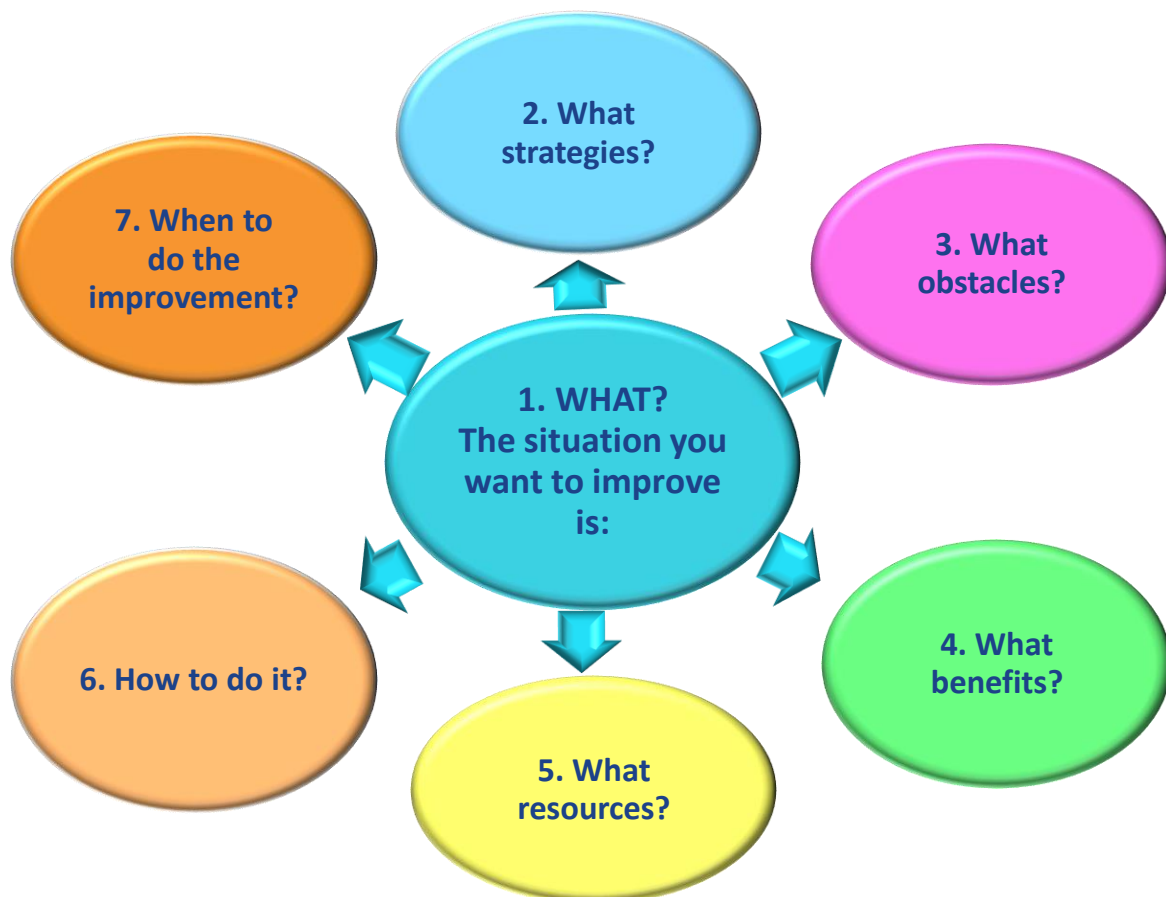


The problem-solving approach

As a couple, you do problem solving on a daily basis, for example when renovating, planning an outing, buying a car or finding a service.

It is a process that allows you to make changes to a practical situation and to meet your individual and couple needs. The goal of this process is to find a win-win solution that works for both of you.

Here is an illustration of the process to help you solve a concrete issue or problem.



More details on the problem solving approach...

1.	WHAT? What is the difficult situation or problem you want to improve?
2.	WHAT STRATEGIES have you tried it before?
3.	WHAT OBSTACLES you might encounter in this process and how to get around them?
4.	WHAT BENEFITS are possible for both of you as a result of solving the difficulty or problem?
5.	WHAT RESOURCES (personal and/or family and/or community) that could help you?
6.	HOW TO DO IT? What concrete means can you use to facilitate your approach?
7.	WHEN TO DO THE IMPROVEMENT? When is the right time for you to be considering this process?

If the difficulty or problem is not resolved...

You are invited to re-assess two steps: **what are the resources** (step 5) and **how to do it** differently (step 6).

Problem solving is more effective if it is:

- put into practice regularly
- applied together and with realism
- combined with various solutions to find the one that really suits you.



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