

Problem-Solving Examples

EXAMPLE #1

Jim lives with his 3-year-old daughter in a small apartment. Jim's sister lives nearby, and he has enjoyed seeing her in these last few months, especially since their relationship had been really difficult for a long time. After many years of heavy drinking, Jim has been sober for 9 months, and he is going to have his first job interview after many years of not working. In addition to being excited and also a little nervous about the interview, he is really worried about not having anybody to leave his 3-year-old daughter with. Although Jim has arranged for a babysitter to come, he just used his last few dollars the day before to buy a few groceries. What could he do?

EXAMPLE #2

Kim has just begun working part-time as a checker at a grocery store, and she has recently stated going to church. She wants to start a new life by moving to a different place because her neighbours are nosy and noisy, and the neighbourhood doesn't feel safe anymore. Kim's family lives in another city, but her younger sister will soon be moving nearby. Kim has lived in her current apartment for 9 years now, and she just doesn't know how to begin to find another place. The problem just seems overwhelming right now.

EXAMPLE #3

Carlos's life has not been easy these last few years, but he really wants to "get his life back on track." He has recently move to a small house in his old neighbourhood. His cousin, who owns the home, said Carols could stay here while he gets back on his feet because after years of heavy drinking and using drugs, Carlos has been clean and sober for 5 months. He is proud of his accomplishments and wants to move forward with his life. While Carlos is really glad to be back in familiar circumstances, he is also beginning to feel a bit worried about hanging out with his old buddies, many of whom still drink a lot and often use drugs. He doesn't like to feel bored, so he is wondering what he could do to fill his spare time now.