

Blocks to Problem Solving

(Adapted from the website ITS Education)

Create a collage and/or drawing. On one side of the paper your collage and/or drawing should represent your weaknesses and some of your blocks to problem solving. On the other side of the paper your collage and/or drawing should represent your strengths when it comes to problem solving. For example, you may do a nice job of looking at the impact of your problem solving decisions on others or you may do a great job of thinking of creative solutions to problems.

Perceptual Blocks

1. Seeing only what you expect to see (allowing assumptions to dictate your view)
2. Not recognizing problems early before they become too difficult to easily manage
3. Lacking the ability to perspective take (not listening to feedback from others, not recognizing how individual parts are related, not seeing the point of view of all parties involved in the conflict)
4. Negative thoughts (my therapist only cares about getting paid, no one cares if I do well)

Emotional Blocks

1. Fear of making a mistake or looking foolish
2. Impatience (want a fast solution – can lead to grasping at first potential solution)
3. Fear of trying new things (taking risks)
4. Desire to avoid anxiety (not wanting to put yourself in the middle of a potentially stressful situation)
5. Acting solely on emotions

Intellectual Blocks

1. Lack of knowledge or skill in the process of solving problems
2. Lack of creative thinking
3. Rigid thinking
4. Using inadequate information

Expressive Blocks

1. Not able to express your thoughts/feelings about a problem in the manner you would like
2. Passive or dominant communication style