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Stappe tot probleemoplossing

1. Definieer die probleem (wees duidelik en spesifiek).
2. Identifiseer alternatiewe oplossings (alle alternatiewe oplossings word genoem, al klink hulle onrealisties).
3. Skryf die alternatiewe oplossings neer.
4. Bespreek die moontlike gevolge van elke alternatiewe oplossing (oorweeg die positiewe en negatiewe gevolge).
5. Gee vir elke alternatiewe oplossing 'n punt.
Baie goed Matig Sleg
6. Kies die beste alternatiewe oplossing.
7. Stel vas of almal tevrede is met die oplossing.

Indien nie: Probeer om nog alternatiewe te identifiseer. Kies dan weer die beste een nadat 'n punt toegeken is.

(Borck & Fawcett 1982: 61-78)

Alternatiewe vir probleemoplossing

Gesin: _____

Datum: _____

Probleem: _____

Alternatiewe:

Skaal:

Baie goed

Matig

Sleg

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

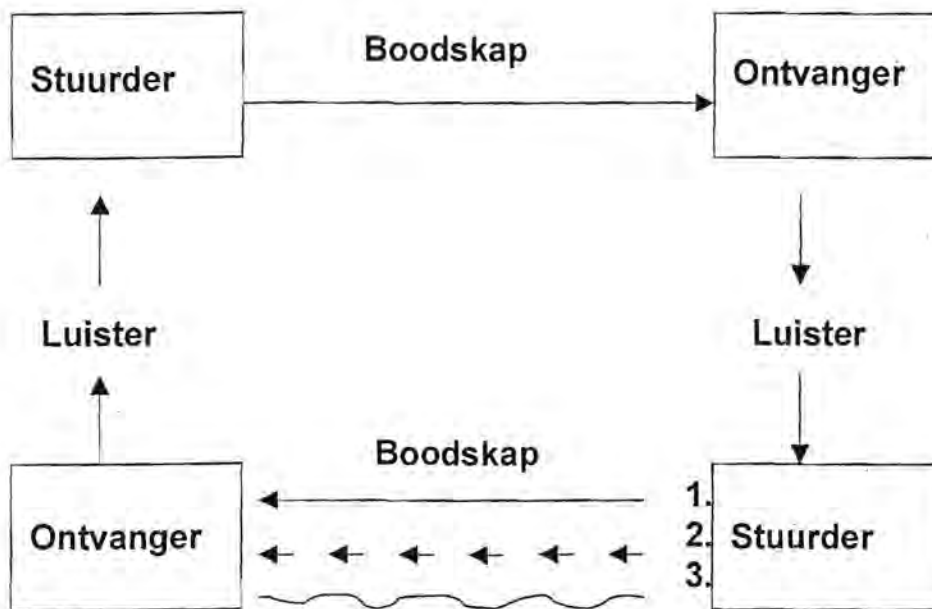
9. _____

10. _____

Kommunikasie

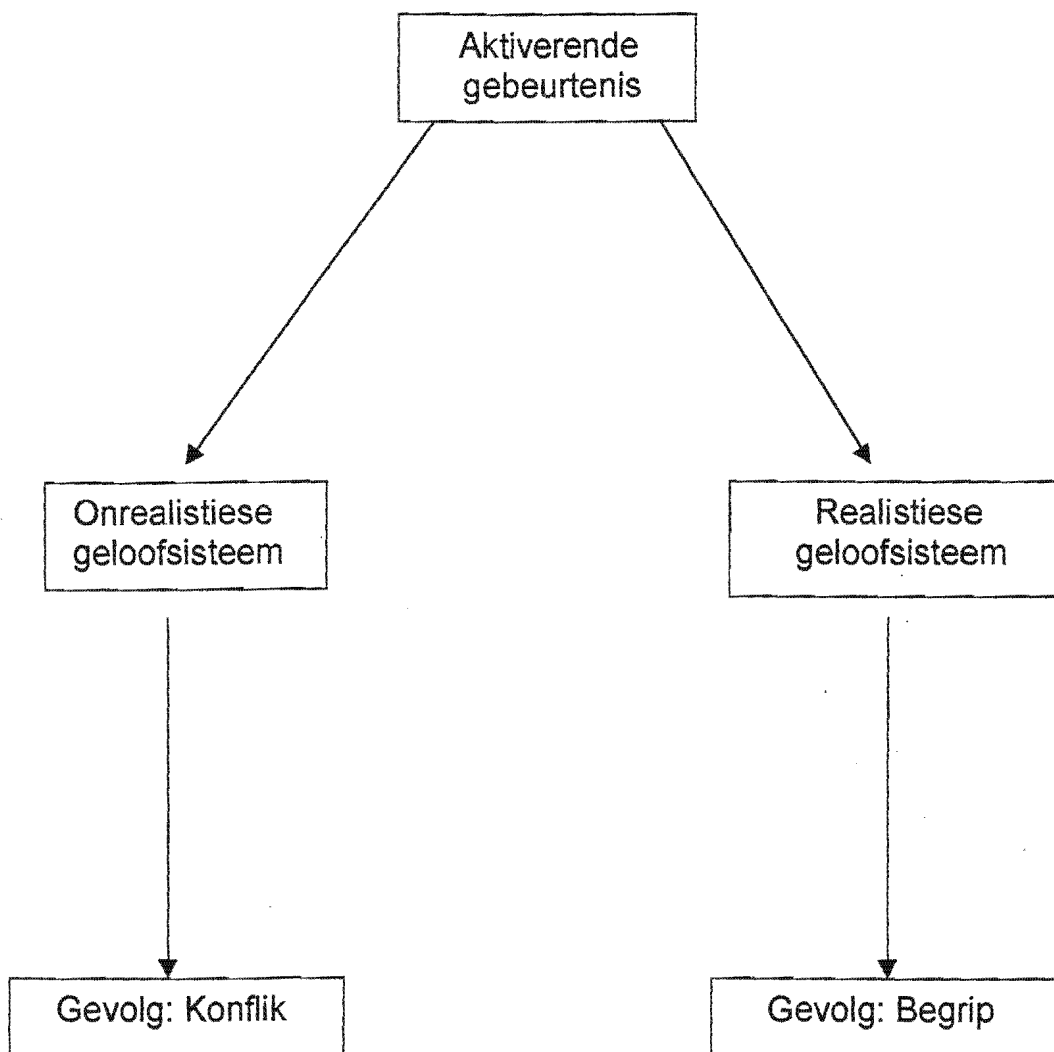
Persoon A

Persoon B



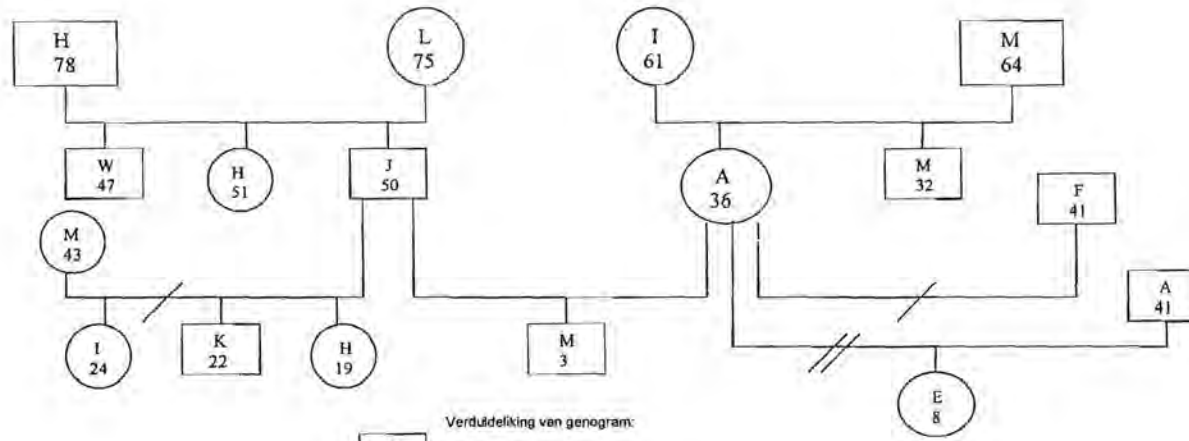
1. Duidelike boodskap.
2. Onduidelike boodskap.
3. Verwronge boodskap.

Die verloop van kognitiewe geloofsisteme



Genogram

Bylaag 5



Verduideliking van genogram:



H: 78-jarige man



L: 75-jarige vrou



H & L: Getroud



Getroude paar met drie kinders, twee seuns en een dogter



Egskelting

Tweede Egskelting

Bylaag 6

Vlak van differensiasie

