

Creative Solutions

Read each of the following problem situations carefully. Then write down as many creative solutions as you can. Remember, write down everything you come up with, even ideas that may seem silly or unrealistic.

PROBLEM 1: THE TICKETS

Vanessa had two best friends, Ashley and Jessica. They all liked the same rock group and were happy when Vanessa offered to buy tickets for everyone for an upcoming show. Vanessa was glad she could invite both Ashley and Jessica because they were both good friends of hers and they always did everything together. Unfortunately, Vanessa could only get two tickets.

Write a clear definition of Vanessa's problem, including her problem-solving goals.

Now write down as many solutions to Vanessa's problem as you can.



PROBLEM 2: THE PARTY

Taylor was a 19-year-old singer from a big city in the Midwest. She recently went to California with the idea that she could become a rich and famous rock star. After going on several auditions and trying out for different TV shows, she managed to land a small role in a music video. While she was working on the video, she met another singer, Carrie, whom she liked right away.

Carrie told her about a big Hollywood party that night. She asked Taylor to go and said they would probably meet lots of important people. Of course, Taylor agreed to go. At the party, she met a man who said he was a big record promoter and could help make her a star. She was really excited until he took her aside. He told her that before they could talk any more she had to swallow some pills, but he wouldn't tell her what they were. "Don't worry," he said. "They will make you happy—everything will be more fun."

"No thanks," she said. "I don't like pills."

"Hey, just trust me," he said. "Don't you want me to help you with your career?"

Write a clear definition of Taylor's problem, including her problem-solving goals.

Now write down as many solutions to Taylor's problem as you can.

Passive, Aggressive, Assertive

Are your solutions usually **passive**, **aggressive**, or **assertive**?

Passive

A **passive solution** involves withdrawal or doing nothing.

- ▶ A passive person generally gives in to others and often will not protest when something is unfair. Although the passive person rarely hurts others, he or she may feel bad, frustrated, or resentful about not meeting his or her own needs.
- ▶ What body language goes along with being passive?

Aggressive

An **aggressive solution** involves taking what you want even when it hurts someone else.

- ▶ Aggression is behavior intended to harm someone, so an aggressive solution causes real harm to others. Speaking up for what you want is not aggressive, but yelling or screaming at someone is.
- ▶ An aggressive person usually is very domineering and demanding, thinking mostly about what he or she wants. An aggressive person often feels angry.
- ▶ What body language goes along with being aggressive?

Assertive

An **assertive solution** represents a compromise—speaking up for what you want but being considerate and respectful of others.

- ▶ An assertive person frequently speaks up, expresses honest feelings, and acts in his or her own best interest without stepping on other people.
- ▶ An assertive person usually feels calm and rational.
- ▶ What body language goes along with being assertive?

When you think of solutions to problems, try to focus on assertive solutions so you can meet your goals without hurting or offending others.

Also, while being assertive with your friends and people your age is helpful, sometimes you have to wait to be assertive with adults or authority figures. If someone in authority is telling you to do something, most times you need to just do it, rather than argue about it (even if you are being assertive).

Before using an assertive solution, you need to stop and think and make sure it is the right time.