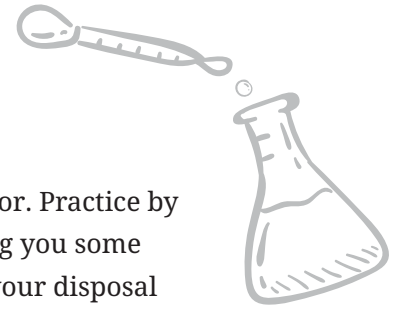


SODAS chart



Begin by choosing a situation you are trying to find a solution for. Practice by choosing one of the smaller problems in your life that is causing you some frustration. Now assess the different Options that you have at your disposal to solve this problem, considering all the Disadvantages and Advantages of each option. Select the approach that you feel is most suitable to Solve your problem. As you become more confident in problem-solving skills, try using SODAS on bigger, more complex problems.

 Options	 Advantages	 Disadvantages
1		
2		
3		
4		
Solutions		