

Meta-Problem worksheet

Purpose: This worksheet lets you apply the meta-problem framework to a situation you want to figure out. In lay-person terms, we call everything below ***solving a problem***.

Step 1: Pick a situation to analyze. Pick one where you have evidence that there's a better solution out there, if you could just find it. (This can just be a feeling, reasons, or data)

Step 2: Write down your goals. There may be both primary and secondary goals. Constraints are also a kind of goal.

Step 3: Write down your options. What can you do? What decisions could you make?

Step 4: Evaluate each option based on the goals from Step 2. Which seems best? What qualities make it not the best? Does your evidence apply?

Step 5: Come up with new options based on your analysis.

Step 6: Assess the evidence. If there still might be a better option out there, decide if it's worth it to keep looking.