

NAMI Homefront Mental Health Resources

for Military Service Members, Veterans and Their Families

Reverse Brainstorming

1. Write down a challenge as clearly and specifically as possible.
2. Write the opposite of the challenge.
3. Brainstorm ideas that will support the opposite of the challenge.
4. For each idea brainstormed, reverse it into a potential solution.
5. Determine if there are any ideas that may be a potential solution to the challenge.

1. Challenge:

2. Opposite Challenge:

3. Ideas That Support the Opposite Challenge

4. Reverse the Opposite Ideas

Star or circle possible solutions. Consider using SMART goals to accomplish these.