



MoodMaster®

Enabling professionals to deliver world class materials to those who want and need them.

It's good to know how to get yourself out of trouble.



Ed sometimes gets down, and he doesn't know what's best to do then.

Elaine sometimes gets tempted to do things she shouldn't, and she doesn't know what's best to do then.



Graham sometimes feels angry and feels like losing his temper, and he doesn't know what's best to do then.

This means that Ed, Elaine and Graham all suffer more than they need to.

Question: In what way are Ed's problem, Elaine's problem and Graham's problem alike? (Discuss, then see next page for answer.)



Answer: They are all alike in that each problem happens lots of times; none of the problems are 'once-off'.



What could Ed do when he is depressed?
What about Elaine, when she is tempted?
What about Graham, when he is nearly losing his temper?

Sam has a problem that happens lots of times, and he doesn't know what's best to do when this problem happens. How could he find out some ideas? How could he decide on the best idea?



Mike has a problem that happens lots of times, and he knows what's the best thing to do when it happens. But he doesn't do it; he just suffers instead.
What advice would you give him?

Discussion

Have you ever had a problem that happens lots of times and worked out what is best to do when it happens?

Project

If you have a problem that happens lots of times, then find out the best answer to it. Then make sure you act on that answer - don't be like Mike!

Discussion

What are the best things to do in the above?
What if you have some other problem?

Mythbuster:

When a problem happens lots of times, it's best to 'play it by ear' each time.
Not true.

If you've got a problem that keeps coming back, then it's good to know how to handle it.