

How to solve problems.

Life has plenty of problems so it is good to get good at solving them. This is the best way to do it ...



Step 1.

Find a pad of paper and a pen. It is best if you write things down. Or get somebody else to.

Step 2.

Write down your problem. Keep it simple. For example:

- "I'm broke – I'm spending more than I am getting."
- "I'm lonely."
- "I'm bored."
- "Somebody keeps going on at me."

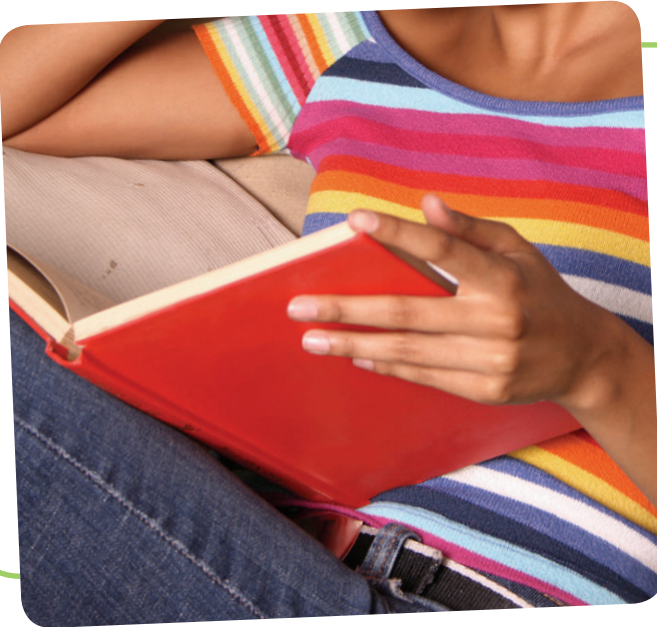
If you have more than one problem, do one at a time.



Step 3.

Write down ALL the things you could do to sort out the problem. Even ones you know you will not do.

TIP: Just write them down. There is no need to choose yet.



Step 4.

Look at everything you have written down and choose the one you like best.

TIP: If there isn't one you like, then choose the least-bad one.

Step 5.

Do the one you decided.

Discussion questions:

- Sam knows his problem (he is broke). The solution he has chosen is to spend less money on drinking. The trouble is that although he decided that, he keeps spending a lot on drinking. What would you advise him to do?
- Alan has a problem and he wants to use this method to solve it, but he is not very good at writing. What would you advise him to do?
- Chris feels he has got several problems but can't think exactly what they are. What would you advise him to do?
- Joe knows exactly what his problem is (he gets angry too often) but he can't think of any solutions. What would you advise him to do?
- Ian knows what his problem is (he gets lonely) and has thought of lots of things he can do about it. His trouble is that he can't decide which to do. What would you advise him to do?
- What problems have you sorted out in the past? Share your successes with others in the group.



Project.

Use this way of solving your problems, for one of your own problems.

Tell us how you got on, next time.

Mythbuster.

There are some problems you can't do anything about. **Not true.**

There is always 'a best option' whatever the problem is.