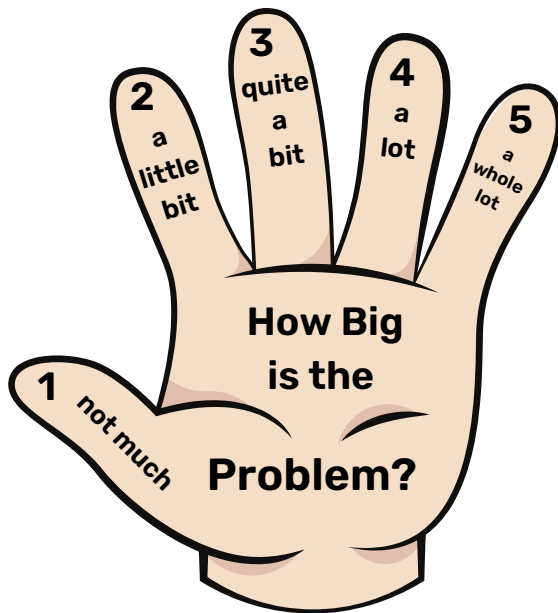


Ways to Solve Problems

It is important to relax before trying to solve problems.
For example, taking a few deep breaths encourages creative thinking.

Step 1. What is the problem? Name it. Clarify it

- What happened?
- What are you doing about it?
- Is it working?



Step 2. How big a problem is it?

- Trace a hand, numbering thumb, and fingers.
- On a scale of 1 to 5, with 1 not much of a problem and 5 a big problem, assign a number to the problem.
- How does it make you feel?

Step 3. What could you do?

- What could you do to solve the problem?
- What else could you do?
- What other ideas might work?

Step 4. What would you like to try doing?

- Which idea will you choose?
- What might happen if you choose to do it?
- Will it make things better or worse?



Step 5. (Sometime later) How well did the solution work?

- What happened?
- Was the problem solved?
- If not, what else can you do?

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