

Problem Solving

What is Problem Solving?

- When we feel depressed or anxious, everyday problems can appear too big to overcome. We start to doubt our ability to make things better but avoiding the problem often leads to bigger problems.
- Problem Solving is a technique designed to help people create a manageable plan to overcome problems. If we break the problem down into small steps then we can make positive change slowly and steadily.

Six steps to Problem Solving

1. Identify the main problem and all the different parts of it that trouble you.
For example the problem might be:
I am lonely and bored
Other parts might include:
**No one visits me, no one phones,
I have nothing to do, I can't do things
I used to do.**
2. Write down any solutions you can think of, even the weird ones!
3. Look at each solution in turn. Each one will have different advantages and disadvantages. Write these down next to each possible solution.

4. Chose one solution that seems most achievable. Make a step by step plan of what you will do to make this solution work.
5. Follow your plan. Keep a record of how you are doing.
6. After trying out your plan for a short while, have a look at your notes – can you find ways to make your plan better now you have some experience.

- ✓ Use the table overleaf to record all your possible solutions and the advantages and disadvantages of each one.
- ✓ Write down your plan on another sheet of paper and keep it somewhere handy so you can make notes on how it's going.

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Providing care all of us would recommend to family and friends

Problem:		
Solution:	Advantage:	Disadvantage:

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