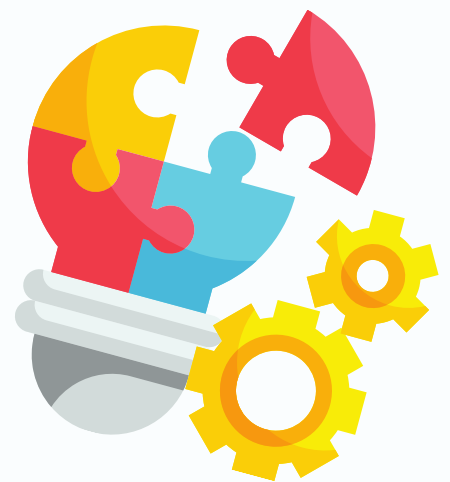# PROBLEM SOLVING

If you are having practical problems you can use problem solving to help you work through it. Practical worries can sometimes be overwhelming and it can feel easier to put them off. However, tackling them sooner can help you feel better in the long run.

Step 1 - Write down your problem in no more than a couple of sentences.

Step 2 - Write down all the solutions you can think of to solve your problem (even if they seem silly).

Step 3 - Write down all the pros and cons for each solution.

Step 4 - Choose the solution that seems the best from the pros and cons and consider if it is realistic.

Step 5 - Now make a plan. consider what, when and how you will do it and who might you need help from. Could there be any difficulties? What can you do to overcome these?

Step 6 - Do it! Carry out your plan.

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WELL DONE!

Be proud for trying to solve your problem. now that you have given a go. Reflect on how it went.

REVIEW

Consider:
- Was it helpful?
- Did you achieve what you wanted to?
- If you was to do this again, is there anything you would do differently or change?
- Did you achieve anything (even if it was only small) towards your problem?
- What did you learn?

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