



## How to Solve Any Problem

Circumstance: Write down what's going on. What are all the details, thoughts, feelings about the situation.

1. Is this even a problem?

2. If your answer is yes, why?

3. Evaluate 4 types of solutions.

a. What is the easiest solution?

b. What is the best solution?

c. What is a temporary solution?

d. What is a long term-solution?

4. What is the cause of the problem?

5. What can be done to make sure this doesn't happen again in the future?