

# Ways to Deal with a Problem

Name: \_\_\_\_\_ Date: \_\_\_\_\_

*"If it's never our fault, we can never accept responsibility for it. If we can't accept responsibility for it, we'll always be its victim." –Richard Bach*

There are three ways to deal with a problem: 1. Solve it; 2. Change the way you think about it, or 3. Accept it. In the worksheet below, list some ideas for each topic, then choose the approach that might be easiest for you to use.

## 1. Solve It

It has been said that the definition of insanity is 'Doing the same thing in the same way and expecting different results.'

Are the solutions you've attempted working? If not, perhaps it's time to try something different. Remember that trying something different might feel strange at first, but if it didn't feel strange, you'd have probably already tried it!

Ways I have tried to solve the problem in the past:

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Which of these ways worked? Why? Which of these ways didn't work? Why?

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Are there any possible solutions you haven't tried yet? What are they, and why might they work?

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## 2. Change the Way You Think About It

Perhaps you've tried several solutions, and none of them work. Perhaps none of the solutions you can think of seem likely to work either. In that case, you might try changing the way you think about the problem.

What is your current thinking about the problem? Why is this way of thinking about it a problem and why didn't your solution work?

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What other ways might you think about the problem that would help it to be less of a problem? How can you change the way you think about the problem?

(Remember, you cannot change others, you can only change yourself!)

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## 3. Accept It

Perhaps you've tried a number of solutions, and the problem is still there. Perhaps you've also tried to change the way you think about it, but you can't seem to do so. The only other choice you have is to accept it.

What things have kept you from accepting the situation in the past? List them below:

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What things might help you accept that you cannot solve the problem or change the way you think about it, and that you'll just have to accept that this is the way things are? List them below:

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***Remember, if you can't deal with a problem in any of the ways above, the only other choice is to 'be miserable!'***