

Module 13: Problem Solving

Complete the problem diary over the next 7 days.

Describe the problem- what happened?	My thoughts about the problem?	My feelings about the problem?	What did I do?	Which approach is this? Avoidant, Emotional, or Problem Solving?	What was the outcome? How did I feel afterwards?

Reflect on your initial responses to the problem and how you dealt with it. Ask yourself:

- Which approach did you use most – avoidant, emotional or problem solving?
- Which was most effective?