

Problem solving

Most problems are partly caused by ourselves; changing your own attitude might be the hardest part.

Some problems may require professional advice and help, but if you have gone through the steps below you will have more insight and knowledge to bring to the eventual untangling of the problem.

Family problems require round-table, frank discussion and group effort.

Recognise the problem

Admit it exists, see what events lead up to the problem, describe it, talk about it, maybe write it down.

Observe yourself

Notice how you react to the problem, what makes it worse or better, what feelings are involved.

Think of solutions

Look at the problem from as many different angles as you can – ‘brainstorm’ solutions. Be innovative, be completely honest, use common sense.

Carry out the solution

It may take a little practice and adjusting before you get on top of the problem.