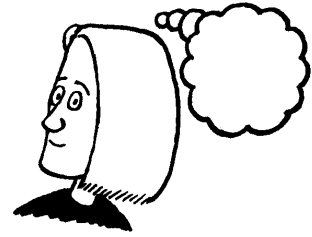


RETRACKING



This download is about some ideas about how to sort out problems. It just gives some general ideas, look at other files for more information

You should print it out or save it to disk

1

Look at it a bit at a time, and go through each page, either on your own or with a friend or adult

2

Learning to problem solve on your own can be difficult, especially if you are very upset, like sad, angry or worried.

3

Lots of practice helps, and/or getting a coach or some sort of teacher (could be a friend) may help you learn how to do this.

4

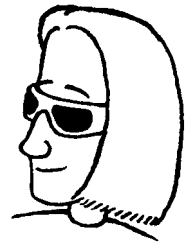
If these sheets don't help, look at some of the others, get yourself some direct help, and definitely talk to someone.

5

That's all!




PROBLEM SOLVING



During the next ten years of your life you will face a number of problems which you will overcome in order to become a happy and successful adult.

List below the main problems that you think are facing you in the future.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



Can you put these problems in order, with the most difficult at the top and the least difficult at the bottom.

Do you feel that any of these problems cannot be solved?

FIVE STAGE PROBLEM SOLVING



Sometimes it feels as if the problems that we face have no real solutions. Here is an easy way to get to grips with any problems... it may not provide your ideal solution but at least it will help you to explore all of the alternatives and decide upon the best way forward.

1

STATE CLEARLY WHAT THE PROBLEM IS THAT YOU WANT TO SOLVE.

2

WRITE DOWN AS MANY POSSIBLE SOLUTIONS TO YOUR PROBLEM AS YOU CAN THINK OF. (BE AS IMAGINATIVE AS YOU WANT TO BE.)

3

DECIDE WHICH OF THESE SOLUTIONS ARE POSSIBLE AND WHICH ARE IMPOSSIBLE.

4

CHOOSE THE SOLUTION WHICH YOU THINK IS THE MOST ATTRACTIVE AND THE MOST POSSIBLE.

5

DECIDE WHAT YOU NEED TO DO IN ORDER TO MAKE YOUR SOLUTION HAPPEN.

A PROBLEM!

1

MUM AND DAD NEVER GIVE ME ENOUGH MONEY TO DO THE THINGS THAT I WANT TO DO

2

- A) TALK TO THEM AND EXPLAIN THAT I NEED MORE MONEY
- B) OFFER TO DO SOME JOBS AROUND THE HOUSE TO EARN SOME EXTRA
- C) FIND A PART TIME JOB
- D) SHOUT AND SCREAM UNTIL THEY GIVE ME MORE
- E) BORROW MONEY FROM MY FRIENDS
- F) STEAL SOME



3

- A) THEY NEVER LISTEN AND THEY CAN'T AFFORD IT ANYWAY
- B) POSSIBLE BUT THEY STILL WON'T BE ABLE TO AFFORD IT
- C) POSSIBLE BUT IT'S QUITE DIFFICULT TO FIND A JOB AROUND HERE
- D) MIGHT WORK BUT IT MAKES EVERYBODY ANGRY AND UPSET ... NOT WORTH THE HASSLE!
- E) I WOULD STILL HAVE TO PAY THEM BACK
- F) I'D PROBABLY GET FOUND OUT ... TROUBLE WITH THE POLICE, MUM AND DAD UPSET, ETC.

4

OFFER TO DO SOME JOBS AROUND THE HOUSE

PROS WON'T HAVE TO JOB HUNT
USEFUL FOR MUM AND DAD
QUITE EASY WORK
CAN FIT IT IN WHEN I FEEL LIKE IT

CONS: CAN THEY AFFORD IT?
I DON'T LIKE HOUSEWORK

5

- A) DECIDE WHICH JOBS NEED TO BE DONE
- B) DECIDE WHICH JOBS I WOULD LIKE TO DO
- C) MAKE A LIST, WITH THE ROUGH TIME NEEDED FOR EACH JOB
- D) TALK TO MUM AND DAD ABOUT IT
- E) NEGOTIATE A PRICE PER JOB AND WHEN THEY SHOULD BE DONE
- F) GET ON WITH IT!



On the following page is an empty "problem solving" sheet. Have a go at working through one of the issues that you identified as a potential problem for your future.

If you are feeling REALLY POSITIVE have a go at more than one!

PROBLEM SOLVING SHEET

1

MY PROBLEM



2

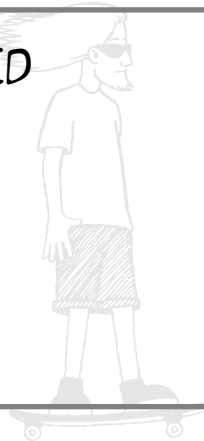
POSSIBLE SOLUTIONS

- A)
- B)
- C)
- D)
- E)

3

SOLUTIONS EVALUATED

- A)
- B)
- C)
- D)
- E)



4

BEST SOLUTION

5

WAY TO ACHIEVE BEST SOLUTION

- A)
- B)
- C)
- D)
- E)



DRAWING UP AN AGREEMENT

If you would like to make some changes in your life it is sometimes helpful to make a contract with yourself, stating clearly what it is that you would like to change, how this could happen and who can help to make it happen.

Agreement for Change

I am going to change the following things:

- ★
- ★
- ★

In order for this to happen these things must occur:

- ★
- ★
- ★
- ★
- ★

These people have offered to help me achieve these changes:

- ★ *signature*
- ★ *signature*
- ★ *signature*

If these changes don't occur then the following is likely to happen:

- ★
- ★
- ★

We will review this agreement on *(date)*

signed by *(date* *)*

