



Solving Problems

Take a look at your feelings and the problem.

- Don't try to solve a problem while you are upset or angry. Let strong feelings run their course first. To find a solution, you need to **think clearly**.
- Remember your goal or what you want to do.
- Be **strong** and **positive**. Don't make up excuses not to solve your problems.

Take small steps toward solving the problem.

Most problems don't solve themselves! Follow these simple problem-solving steps:

Describe your problem in detail.

- Be specific: If you can say exactly what your problem is, you have already solved part of it.
- Think back: What led up to the problem?
- See the links in the chain: Identify thoughts or feelings that get in your way, people who don't support you, or things that make you eat more or be less active.

Think about things that might help solve your problem or make it easier to deal with.

- Be creative: Come up with as many ways or ideas as you can. You may find more than just one solution!
- Ask for help: If you need others to help you find a solution, ask for their help or advice.

Pick one option.

- Review your possible solutions: Think about the pros and cons of each.
- Be realistic: Choose an idea that is likely to work and that you can do.

Continued on back.

Plan for roadblocks.

- Think ahead: What roadblocks might come up?
- Plan ahead: Write down how you will handle roadblocks.

Act! Try one of the solutions.

- Give it your best shot; then decide if it helped. If no, what went wrong?
- If the first solution did not help, try another solution, and another...

Getting Support

Sometimes asking for help can be hard. Here are ways to help you feel comfortable asking for support and getting the type of support you need.

Know where to find support.

Look at the list below and think about where **you** get your support.

- Family
- Friends
- Church and community
- Healthcare providers (doctors, nurses, dietitians, etc.)
- God (a spiritual power)

Get the support you need.

- Decide how you would like to be supported by your friends, family, medical team, and others.
- Do you want them to be relaxed, serious, or somewhere in between?
- Do you want them to listen, take your mind off your troubles, or give you guidance?

Let them know what will help you most.

- Tell them **what** you need and **why** (don't expect them to be able to read your mind).

Accept help from others.

- If it is hard for you to ask for help, think about how good it makes you feel to help a friend in need.

Say "Thank You."

- When you thank people, they are more likely to offer you support again.

Give support to others.

- It will come back to you when you need it.

***Getting support is not a sign of weakness.
It's the reason strong people are strong.***