

Finding Solutions

There are going to be times in your life when what you want may not be what you get. In addition, there will be good days and bad. When this happens learning to deal with the changes may not be so easy. Find out ways to cope and ways to brighten your horizon by simply taking a few steps back and evaluating the situation to find a positive resolution.

For a simple situation you may find it easy to write down how you feel and how to overcome. Use this questionnaire to help you resolve simple situations.

Finding Solutions Questionnaire

What happened?

How does this make you feel & Why?

How can you overcome it? What are you doing to overcome it?