

## So You Have a Problem.

*Or Maybe Someone or Something Else is the Problem.*

What is your problem? \_\_\_\_\_

There are 4 things you can do about any problem.

**Solve the problem:**

I could \_\_\_\_\_

\_\_\_\_\_

**Change how you think about the problem (which will change the feelings):**

I could \_\_\_\_\_

\_\_\_\_\_

**Accept the problem:**

I could \_\_\_\_\_

\_\_\_\_\_

**Stay miserable.....**

Choose your solution! Try it out.