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.