

## LIST OF PROBLEMS TO SOLVE

**7A1**

Mostly, we cannot change others, but we can change our own attitude to be more self-kind perhaps create some distance between ourselves and a hurtful or negative situation – or perhaps be kinder to someone else - whichever is most helpful.

We might need to use Assertiveness skills (Session Five) or perhaps become more aware of our Character Strengths (Session Four and Six).

Or perhaps we need to use some of the Optimism skills (Session Two) or the Positive Connections skills (Session Three)

Choose a problem and use the DANCER personal problem-solving steps **7A** to solve it

### LIST OF PROBLEMS:

1. You feel bullied because you are not into sports
2. Your family is arguing all the time
3. Your mum/dad/sibling/granny/friend is seriously ill
4. Your alcohol consumption is getting out of hand
5. You are hanging out with a negative bordering on violent group but you are afraid of leaving it
6. You have fallen out with a close family member
7. You feel awful about your skin
8. You can't afford going travelling
9. Use your own real or an imaginary problem