



**This exercise will help you learn how to solve problems on your own.**

1. Write down one of your problems (work on only one problem at a time).

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2. Think of as many solutions to the problem as you can and write them down.

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3. Look at the advantages and disadvantages of each solution.

4. Choose the solution or combination of solutions that may solve the problem.

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5. Make a detailed plan that will help you work toward solving the problem. The following points may help you with this plan.

- Do you have the time, money, or equipment you might need?
- If other people are involved in the plan, will they agree to help? Have you set time limits? Is everybody aware of these time limits?
- Have you planned what you can do if you run into problems?
- Have you planned what you will do if things go well (for example, if you get a job can you get to work from your apartment)?
- Have you rehearsed any difficult steps (making a phone call or going through a job interview)?

Write out your plan.

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6. Review the steps in your plan and think about the following:

- What went right?
- What went wrong?
- What could have been done differently?

Congratulations if your plan went well. If things did not go as well as you wanted, try again as soon as possible. It is normal to feel disappointed.

*Adapted from:* Treatment Protocol Project (1997). Management of Mental Disorders (2<sup>nd</sup> ed.). Sydney: WHO Collaborating Center for Mental Health and Substance Abuse *by:* Susan Charlton RN, BScN & Elizabeth Emberly RN, BScN (CDMHP, 2003)

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