

# How to Problem Solve



kelty mental health  
resource centre



**1.** Figure out what is the problem (name it).

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**2.** Decide how you feel about the problem.



Sad



Angry



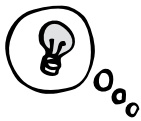
Scared



Confused



Frustrated



**3.** Decide what you want to do about the problem (for example, you could ask for help, tell the person how you feel, or walk away to think about it). Think of three things you can do to solve the problem.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**4.**



Try out the plan you decided on.

**5.**

Make sure that you explain how the problem affected you, how you are feeling about it and what you want to happen to help you feel better.



**6.**

If the plan you chose does not work, DO NOT give up, ASK FOR HELP!