



Solving Problems

*Everyone has problems from time to time.
Facing and solving problems is a part of life.*

It is easy to feel stress when you have a problem. This stress can make psychosis worse.

You can't avoid all problems, but you can reduce stress by using good problem-solving skills.

Here are six steps to help you solve problems:

- 1. Choose the problem**
- 2. Understand the problem**
- 3. Come up with different solutions**
- 4. Compare your solutions**
- 5. Pick the best solution**
- 6. Put your solution into action**

Work through these six steps **in order**. Try not to skip any of the steps.

Don't get frustrated if this seems difficult at first. With patience and practice, you will get better at solving problems. Ask your Support Person for help if you get stuck.

On the following page is an example of how to work through the six steps.



*Support
Person*



*Problem
Solving*

Anita dislikes her parents nagging her to wake up early and not just sit around the house all day. Here's how she used the six steps to solve her problem.

SAMPLE PROBLEM-SOLVING WORKSHEET

1

Choose the problem

My parents nag me. They keep waking me up all the time and want me to be more productive and responsible.

2

Understand the problem

It bothers me that my parents think I am lazy. I am just really tired.

3

Come up with different solutions

- a.** Explain to my parents that it upsets me that they think I am lazy.
- b.** Bring my parents to talk with my doctor or clinician to see if being tired is related to my medication, and if there are things I can do to feel less tired.
- c.** Make a contract with my parents that I will take care of my tasks when I have the most energy.
- d.** Move out of the house so my parents don't hassle me.

4

Compare your solutions

- a.** It is a good idea to talk to my parents, but I worry that it might result in us arguing again.
- b.** It sometimes takes a few weeks to get to see my doctor, so this won't help me in the short-term. Changing medications may only help a little and may take a long time. I can usually see my clinician more quickly. He may be able to help my parents and me come up with a solution.
- c.** If I could sleep as late as I want and still get my work done without my parents bothering me, then everybody wins.
- d.** This is a drastic solution that can create a lot more problems.

5

Pick the best solution

A combination of b and c. Have my clinician talk with my parents and me to better understand my condition and agree on a schedule that works for all of us.

6

Put your solution into action

Find a time when my parents and I can meet with my clinician.



*Thinking of and
Comparing
Solutions*



Problem
Solving

Step One: Choose the Problem

You need a specific problem to practise problem solving.

Think about your problems. What causes you to become stressed or upset? Paying attention when you feel stressed or upset can help you identify your problems. For example, what was happening just before you began to feel stressed or worried? What were you thinking?

Here are some examples of problems people experience. Some of these may be familiar to you.

School or work problems

I don't want to go to school. The teachers always give me deadlines that stress me out.

Not getting along with others

Arguing. I am scared to tell my friends about having had psychosis.

Money problems

Not having enough to pay for things I need or want.

Personal health problems

Not getting enough sleep.
Gaining Weight.



Support
Person

Choose a small problem. Working on small problems helps you practice problem solving. After you have successfully solved a few small problems, you can begin to tackle the bigger ones.

Once you have chosen a problem, spend a few minutes describing your problem to your Support Person. Be as specific as you can.

Anita chose the problem of her parents nagging her to do more and not sleep so much. For the problem-solving method to work best, Anita needs to clearly define her problem. Anita thinks her parents nag her because:

- They don't understand how tired she is
- She goes to bed later and wakes up later than everybody else
- They want her to do things that she is not ready to do

Your Turn!

Describe the problem you chose in the space below. Be as specific as you can.

My excessive phone usage in terms of social media such as instagram ,
Youtube etc significantly increase when iam idle. This habit often affect
to achieve any specific goals i have set for a day thereby unable to go a
extra mile.



Describe



Your Turn!

Step Two: Understand the Problem

Asking specific questions about your problem will help you understand it better and can lead to effective solutions.

Your Turn!

Write your answers to the following questions in the spaces below.

QUESTIONS ABOUT MY PROBLEM

Who might help me solve this problem (friends, family, teachers, health professionals, etc.)?

The person who can help me with this problem will be myself or i can get help from trained professionals such as fitness trainer or yoga expert to make use of my idle time effeciently.

Have I had this problem before? How did I handle it? Were the results worth trying again?

Yes, used to have this problem before. I have and i efficently handled it by deactivating or un installing the social media platforms for a while until i get used to it.

Do I need to find out more about this problem? Is there any information I don't have?

Yes, i need to know the long term effects that cause due to this, if any so i can educate myself about it.

Do I have any other ideas about this problem?

I think my phone usage is increasing because its instantly gives a relaxation after a long day of work. May be i should be try using app usage limit to control the usage.



Write Down



Think of
Solutions

Step Three: Come Up With Different Solutions

Once you understand your problem better, you can start to think of different solutions.

Your Turn!

Write down four ways that you might be able to solve the problem.

For now, don't try to decide which of the four ways is best. Just think of four different things you could do to help solve this problem. If you have difficulties, ask your Support Person for some suggestions.



Your Turn!



Write Down

THINGS I COULD DO TO SOLVE THE PROBLEM

- 1 I can set a certain app usage time where it will only allow me to use it and the other time i will be able to be more productive.

- 2 Try to find a health or fitness coach or yoga instructor to get caught up with small exercise or activities that will help to improve my concentration and productivity.

- 3 Try uninstalling the app or switch to a phone which has only the basic features to go with.

- 4 Find and create a check list that i need to do so during idle time i can be productive on doing those things instead of scrolling in my phone.



Compare
Solutions

Step Four: Compare Your Solutions

In this step, you compare the good and bad things about each potential solution.

Anita filled out her worksheet like this:

POSSIBLE SOLUTION	WHAT'S GOOD ABOUT THIS?	WHAT'S BAD ABOUT THIS?
1 Explain to my parents that it upsets me that they think I am lazy.	My parents may understand that I'm really tired and am not being lazy. They may stop nagging me.	My parents may not understand me and still continue to nag.
2 Bring my parents to talk with my doctor or clinician to see if being tired is a problem with my medication.	Maybe the doctor can change the dose so I'm less tired and have more energy to do the things I'm supposed to. The clinician can explain to my parents that my tiredness is a medical condition and does not mean that I am lazy. He may also help us come up with a solution that works for both my parents and me.	It may take a long time to see the doctor and get the dose adjusted. Even after all that time I may still feel tired.
3 Make a contract with my parents that I will take care of my tasks when I have the most energy.	I will get to sleep in later. My parents won't have to nag me to do my work.	It limits my excuses. I still have to do the work.
4 Move out of the house so my parents don't hassle me.	My parents can't nag me anymore.	I have no money to pay rent. I'm better off living with my parents.



Your Turn!

Your Turn!

Write down the **good and bad** things about each of your four solutions.
Discuss what is good and bad about your potential solutions with your Support Person.



Write Down

POSSIBLE SOLUTION	WHAT'S GOOD ABOUT THIS?	WHAT'S BAD ABOUT THIS?
<p>1 I can set a certain app usage time in my phone.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>It will limit my phone usage time in idle times and can be more productive.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>This is reversible, since its my phone i can always modify the usage times, moreover at times it costs me if something important is shared.</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>2 Find a health, fitness or yoga instructor.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>This will help to start with a new habit which will for sure brings improved concentration and healthy habits, especially if its yoga.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Cost is involved in this. Since finding a instructor and doing things will be not for free also the chance of getting a good instructor.</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>3 Uninstall social media apps or switch to a base model phone.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>This will allow not get out of the grip of social media, which is not necassarily a part for survival or without a smartphone we can still survive and will be able to try and feel the authentic way of doing things.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Keeps me outdated from the recent happenings, also the entertainment part will be completely removed.</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>4 Create a checklist for my to do activites in my idle time.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>It will be the easiest solution, as it helps to sort my things and plan to accomplish the same.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Tracking and making sure everything is achieved at the end of day will be tedious task.</p> <p>_____</p> <p>_____</p> <p>_____</p>



Pick the Best
Solution

Step Five: Pick the Best Solution

Use the following questions to help decide which solution is the best.

Your Turn!

Write your answers to the following questions in the spaces below.

QUESTIONS ABOUT MY PROBLEM

Which solution seems most positive?

Find a health, fitness or yoga instructor.
This will help to create new healthy habit along with the a less screen time.

Which solution seems most negative?

Uninstall the social media apps and switch to a base model phone. This will not be a premanent solution and also will miss about important technology update.

How much time will the solution take? You may want to choose a solution that you can achieve more quickly.

The time taken for the solution is probably a day or two. Since its not only help to eliminate the wastage of time but also to get started with a healthy habit.

What do you need to carry out the solution? (For example, if the solution is to wake up earlier than you are used to, a good resource would be an alarm clock.)

To carry out this solution i need to find a health or yoga instructor. As it eases to rather than learning things online.

How does this solution make you feel? Are you comfortable with the solution?

Yes, i will be comfortable with this solution. It will be the best way to remove my unwanted social media scrolling also this will help me cultivate a new healthy habit.



Your Turn!



Put Your
Chosen Solution
Into Action

Step Six: Put Your Solution Into Action

Once you choose a solution, it's time for action.

Use the *Setting Goals and Moving Forward* section (on page 41) to create a workable plan.

Don't be discouraged if your plan doesn't work. Try another possible solution from your list. Or, you may come up with a new solution to try.