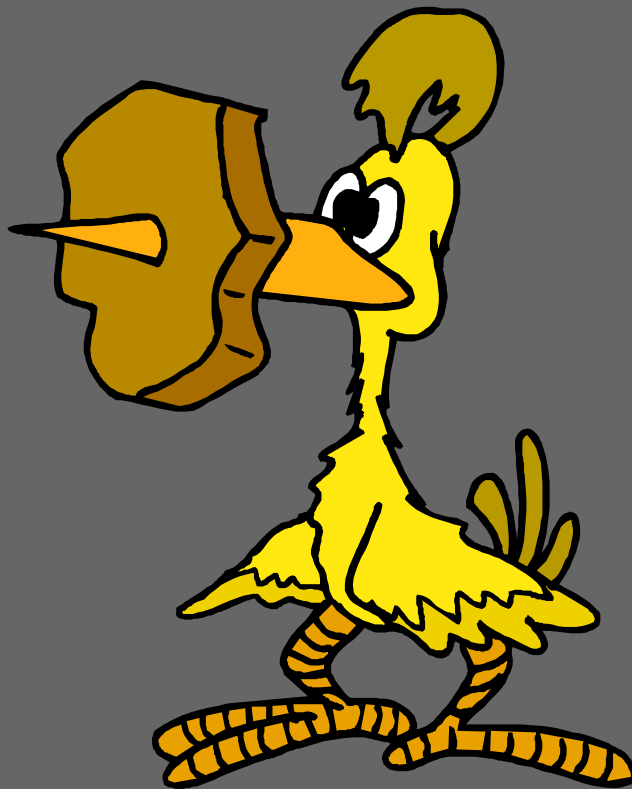


# Chapter 11

## OVERCOMING BARRIERS AND FINDING SOLUTIONS





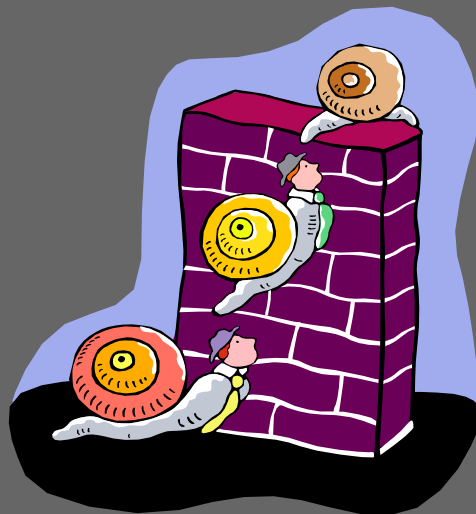
## OVERCOMING BARRIERS AND FINDING SOLUTIONS

When we start to consider making changes in our lives, we may feel it is going to be difficult because something is standing in the way - something we see as a problem.

These barriers could be either  
inside or outside ourselves  
and we may not feel confident in our ability  
to overcome them.



In this chapter,  
we explore how we can  
overcome these barriers by  
identifying our strengths and our resources.



**In order to find solutions  
we have to tap into our resources.**

We need to be open to creative ideas  
even if they sound a bit wacky!

They may start a train of thought,  
and who knows where that may lead !!

**We all WITHOUT EXCEPTION have resources.**

Where do our resources come from?

1. From inside ourselves (skills and things we do to survive)
2. From outside ourselves (friends and family etc)

**First we have to identify them.  
Then we have to be  
PREPARED TO USE THEM.**

How do I do that?



It will help if we can observe ourselves from the outside - if we can look at ourselves and our situations calmly and objectively.

Practising relaxation techniques is a useful way of getting ourselves into the right frame of mind so that we can remind ourselves of our own inner strengths and resources.

## FINDING SOLUTIONS

Having got ourselves into  
a better frame of mind,  
we can then look at  
some ways of overcoming  
any concerns we might have  
about our ability to  
work towards our chosen goals.

THERE ARE A COUPLE OF WAYS YOU COULD USE  
TO LOOK FOR SOLUTIONS  
ON THE FOLLOWING PAGES.



# Looking for Solutions

## 1

1. Acknowledge the problem.

2. What are your best hopes?

How do you want life to look if you realise what you most hope to achieve?

3. Scale it.

If 10 is your best hopes realised, and 0 is the worst that things have ever been, where are you now?

0 \_\_\_\_\_ 10

4. If you are above 0 - how come?

What have you been doing to get yourself above 0?  
What strengths and resources have you drawn on?

5. What difference would you notice if you were a bit further up the scale?

Alternatively,  
you might prefer a more direct approach  
like the one on the next page.

# Looking for Solutions

## 2

### 1. Identify the problem.



### 2. List as many ways round it as you can think of.

Sit down with a piece of paper and give yourself a good 20 minutes to think of as many ideas as you can, even if they sound a bit far-fetched - there might be the seeds of a creative solution there !! Write them all down.



### 3. Pick one idea off the list

Choose the one that you feel is the best option and put it into operation.

### 4. See how it goes.

If it works - great!

If not, you can:-

- Pick another idea off the list.
- Ask someone else for ideas (family, friends etc).

### 5. If the solution did not work, accept that you may not be able to solve the problem right away, and come back to it at a later date. You could always start working on another goal until you are ready to tackle this one again.

