

# **Options for Solving Any Problem**

When life presents you with problems, what are your options?

## 1. SOLVE THE PROBLEM

Change the situation . . . or avoid, leave, or get out of the situation for good.

## 2. FEEL BETTER ABOUT THE PROBLEM

Change (or regulate) your emotional response to the problem.

## 3. TOLERATE THE PROBLEM

Accept and tolerate both the problem and your response to the problem.

#### 4. STAY MISERABLE

Or possibly make it worse!

### 1. TO PROBLEM-SOLVE:

Use interpersonal effectiveness skills Walking the Middle Path (from interpersonal effectiveness skills) Use problem-solving skills (from emotion regulation skills)

#### 2. TO FEEL BETTER ABOUT THE PROBLEM:

Use emotion regulation skills

## 3. TO TOLERATE THE PROBLEM:

Use distress tolerance and mindfulness skills

### 4. TO STAY MISERABLE:

Use no skills!

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