LIVING WELL

Problem Solving

Problems sometimes make themselves known with a feeling of general uneasiness. The following is a summary of the steps for solving problems. More detailed information can be found on pages 20-21 in your Living a Healthy Life with Chronic Pain book.

1. Identify the problem.
2. List ideas to solve the problems.
3. Pick an idea to try.
4. Check the results.
5. Pick another idea if the first doesn't work.
6. Seek additional resources.
7. Accept that the problem may not be solvable at this time.

Decision to be Made

Like solving problems, making decisions is an important tool in your self-management tool box. The steps for making decisions resemble the steps for problem solving. They are as follows:

1. Identify your options.
2. Identify what you want.
3. Write down pros and cons for each of your options.
4. Rate each pro and con on your list.
5. Add up your ratings for each column and compare them.
6. Apply the "gut test."

Decision to be made:			
Pro	Rating	Con	Rating
Total		Total	

PROBLEM SOLVING | DECISION MAKING GUIDELINES: Please see pages 20-23 in Living a Healthy Life with Chronic Pain and pages 16-17 in Living a Healthy Life with Chronic Conditions.