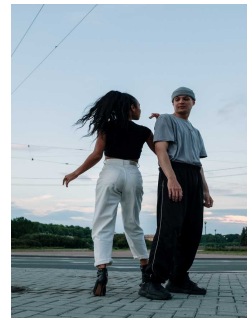




DANCER Personal Problem-Solving Steps

Be as honest as possible about what's wrong. Often there are a number of problems, but there could also be one underlying problem that only comes to the surface when we start looking at all the other problems.



<p>Describe the problem/s</p>	<p>This is what's wrong in my life (if stuck, choose a problem from below):</p> <div style="border: 1px solid black; height: 250px; width: 100%;"></div>
<p>Accept it as a positive</p>	<p>Tackling one problem at a time - I welcome the following problem:</p> <div style="border: 1px solid black; height: 40px; width: 100%;"></div> <p>as a positive challenge and opportunity to learn and improve my life</p>

LIST OF PROBLEMS:

1. You feel bullied because you are not into sports
2. Your family is arguing all the time
3. Your mum/dad/sibling/granny/friend is seriously ill
4. Your alcohol consumption is getting out of hand
5. You are hanging out with a negative bordering on violent group but you are afraid of leaving it
6. You have fallen out with a close family member
7. Your feel awful about your skin
8. You can't afford going travelling
9. Use your own real or an imaginary problem

Continue the DANCER problem solution steps with the next video