

PROBLEMS



WHAT ARE THEY...?

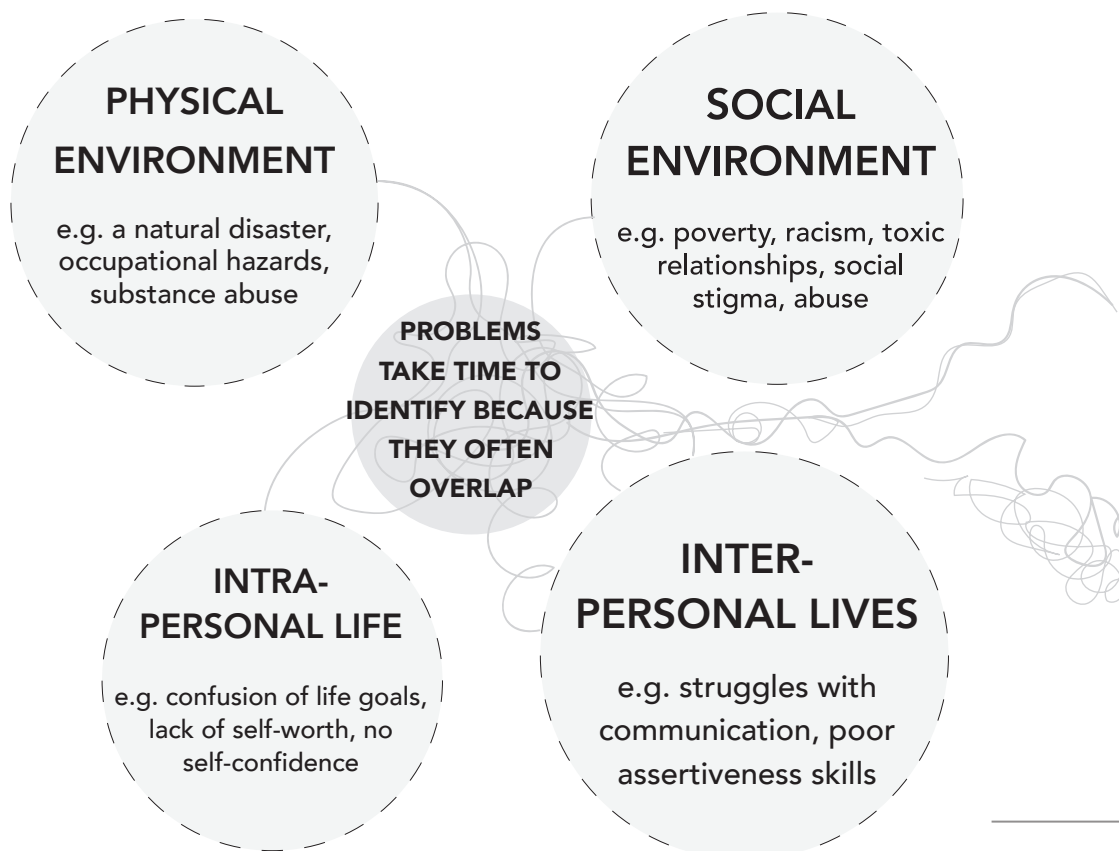
A problem is a life situation, present or anticipated, that requires an adaptive response in order to prevent negative consequences. Problems exist where a solution is not immediately apparent or we can't solve the issue due to the existence of barriers or obstacles.

Problems exist for a given person at one point in time. This means that what can be a problem to a particular person today may not be a problem for the same person at another point in time.

"Your past doesn't define you, and neither does anything else.

You are ever changing." UNKNOWN

PROBLEMS CAN EXIST IN OUR:



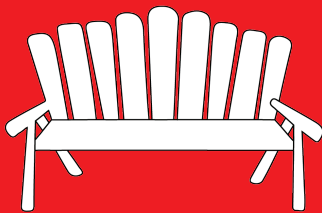
SO WHAT'S THE PROBLEM?

PROBLEMS, WHEN COMPLEXLY CONNECTED AND INTERTWINED CAN BE HARD TO DEFINE.

Problems can **ARISE SUDDENLY**, without warning, and are painfully obvious by their effects. e.g. loss of a loved one, natural disaster. THESE ARE EASIER TO IDENTIFY & DEFINE.

Problems can also **DEVELOP MORE SLOWLY**, over many days, weeks or months, and have a more subtle influence. e.g. toxic relationships, poor assertiveness skills. THESE CAN BE TOUGHER TO IDENTIFY & DEFINE.

THE START OF ANY PROBLEM SOLVING BEGINS WITH



IDENTIFYING AND DEFINING THE PROBLEM/S

THAT ARE AFFECTING YOUR QUALITY OF LIFE AND MENTAL WELLBEING



PROBLEMS CAN ALSO BE HARD TO IDENTIFY AND DEFINE

BECAUSE SOMETIMES THEY ARE DEEP ROOTED AND IT TAKES TIME OF REFLECTION TO FIGURE OUT WHAT'S REALLY AFFECTING US.