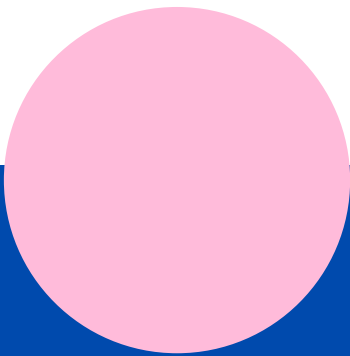


NOT OK?
TRY THIS

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4 WAYS TO DEAL WITH ANY PROBLEM

WORKBOOK

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DOING NOTHING

**IF YOU DECIDE TO DO NOTHING AND CARRIED ON AS YOU
ARE NOW, WHAT WOULD BE THE IMPACT ON YOU, YOUR
LIFE AND THE PEOPLE AROUND YOU?**

PROBLEM SOLVING

STEP 1: DEFINE THE PROBLEM

STEP 2: HOW DO YOU FEEL ABOUT IT?

STEP 3: IS THIS REALLY A PROBLEM?

STEP 4: WHAT WOULD YOU LIKE THE OUTCOME TO BE?

STEP 5: WRITE DOWN ALL OF YOUR OPTIONS TO GET WHAT YOU WANT

STEP 6: PICK THE ONE THAT IS MOST LIKELY TO SUCCEED AND DO IT

STEP 7: EVALUATE.

CHANGING HOW YOU FEEL

If you can't problem solve
your issue write below
some alternatives

OPPOSITE ACTION

**CAN THIS BE REFRAMED AS
AN OPPORTUNITY RATHER
THAN A CRISIS? HOW?**

**WILL THIS STILL BE A
PROBLEM IN A YEARS
TIME?**

RADICAL ACCEPTANCE

**WHAT ARE YOU DOING THAT IS PROLONGING
YOUR MISERY?**

01.

**WHAT WOULD YOU BE DOING OR NOT DOING IF
YOU RADICALLY ACCEPTED THAT YOU CANNOT
CHANGE THE REALITY OF THE SITUATION?**

02.

NOTES & IDEAS



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