

4 Options for Solving Any Problem — great for clients who might feel overwhelmed or stuck:

1. Fix It

- Ask: *Can I do something to change this?*
 - If yes, maybe you can:
 - Change the situation
 - Leave it
 - Set a boundary
 - Speak up
 - Use problem-solving and assertiveness skills here.
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2. Feel Better About It

- Ask: *Can I look at this differently?*
 - If you can't change the situation, maybe you can change how you *see* or *feel* about it.
 - Tools:
 - Reframe your thinking (“What else could be true here?”)
 - Use a thought record or journal
 - Build up emotional strength with daily self-care, mindfulness, and compassion
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3. Cope With It

- Ask: *Can I ride this out without it breaking me?*
 - Sometimes things just suck. They're not fixable right now. But you can *survive* it.
 - Tools:
 - Use distress tolerance skills (like deep breathing, distraction, grounding)
 - Radical acceptance (saying “this is what it is” without giving up)
 - Self-soothing and mindfulness
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4. Stay Miserable or Make It Worse

- This one's easy — and not what we want.
- It means doing nothing to help yourself, or reacting in ways that make things worse (like yelling, avoiding, numbing, or self-sabotaging).