



Options for Solving Any Problem

When life presents you with problems, what are your options?

1. **SOLVE THE PROBLEM**

Change the situation . . . or avoid, leave, or get out of the situation for good.

2. **FEEL BETTER ABOUT THE PROBLEM**

Change (or regulate) your emotional response to the problem.

3. **TOLERATE THE PROBLEM**

Accept and tolerate both the problem and your response to the problem.

4. **STAY MISERABLE**

Or possibly make it worse!

1. **TO PROBLEM-SOLVE:**

Use interpersonal effectiveness skills

Walking the Middle Path (from interpersonal effectiveness skills)

Use problem-solving skills (from emotion regulation skills)

2. **TO FEEL BETTER ABOUT THE PROBLEM:**

Use emotion regulation skills

3. **TO TOLERATE THE PROBLEM:**

Use distress tolerance and mindfulness skills

4. **TO STAY MISERABLE:**

Use *no* skills!