

Appendix II

Problem Solving

The steps to problem solving are:

1. Identify the problem. What situations, circumstances or settings create obstacles for you towards your chosen behaviours.

2. Use brainstorming to generate possible solutions to the problem. **Hint:** Try to come up with some new ideas; don't keep telling yourself to "try harder" with solutions that already aren't working. Don't let negative self-talk tell you that YOU are the problem.

3. Select one solution to try. Re-write your SMART goal.

4. Evaluate the success of your attempt.

5. If unsuccessful, try another solution. If you are out of solutions, use other resources.