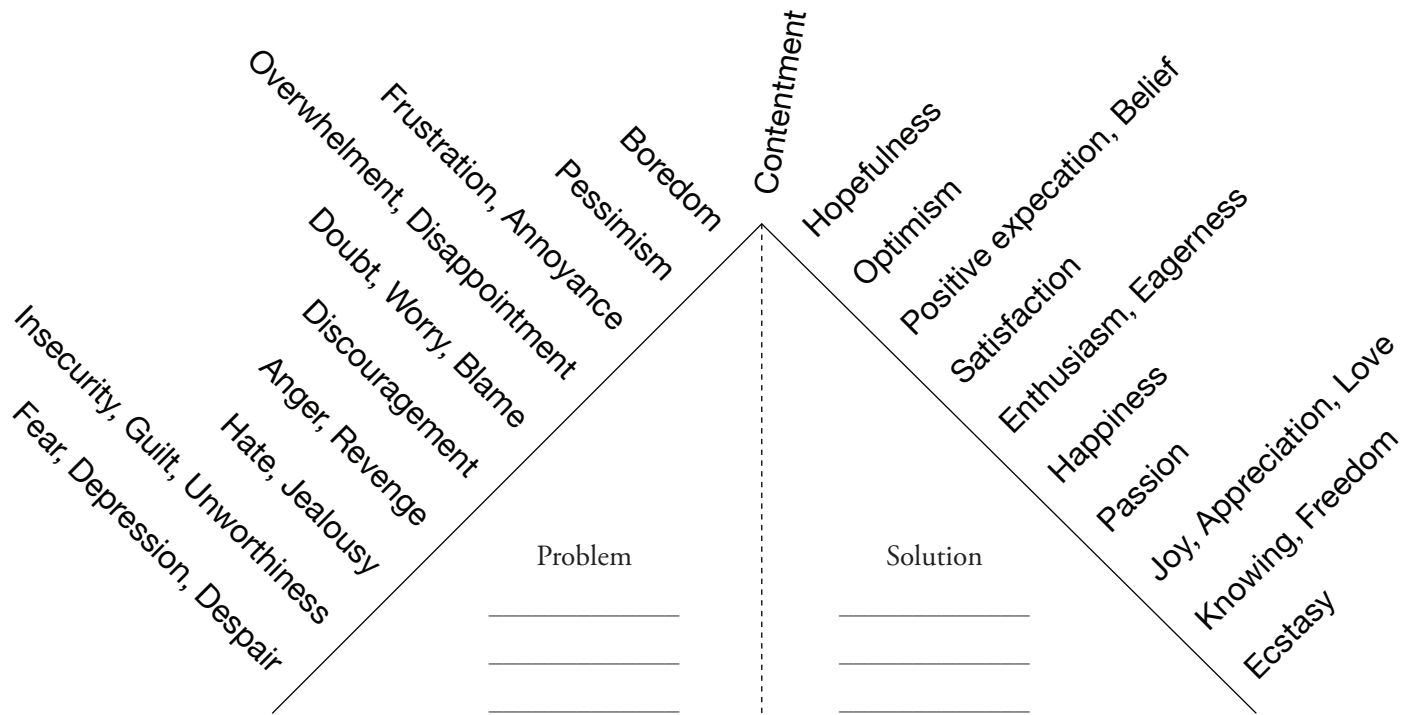


★ *What's Your Solution?* ★



DIRECTIONS

1. What is your problem? Fill it out in the space above.
2. How does your problem make you feel? Circle it.
3. Find the opposite emotion on the diagram. Circle it.
4. List 10 things that make you feel that emotion.

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

5. Now forget about your problem completely, and come back for your solution tomorrow. This will only work if you stop thinking about the problem, so let it go now! If you find yourself thinking about your problem, think about something from your list to the left.