

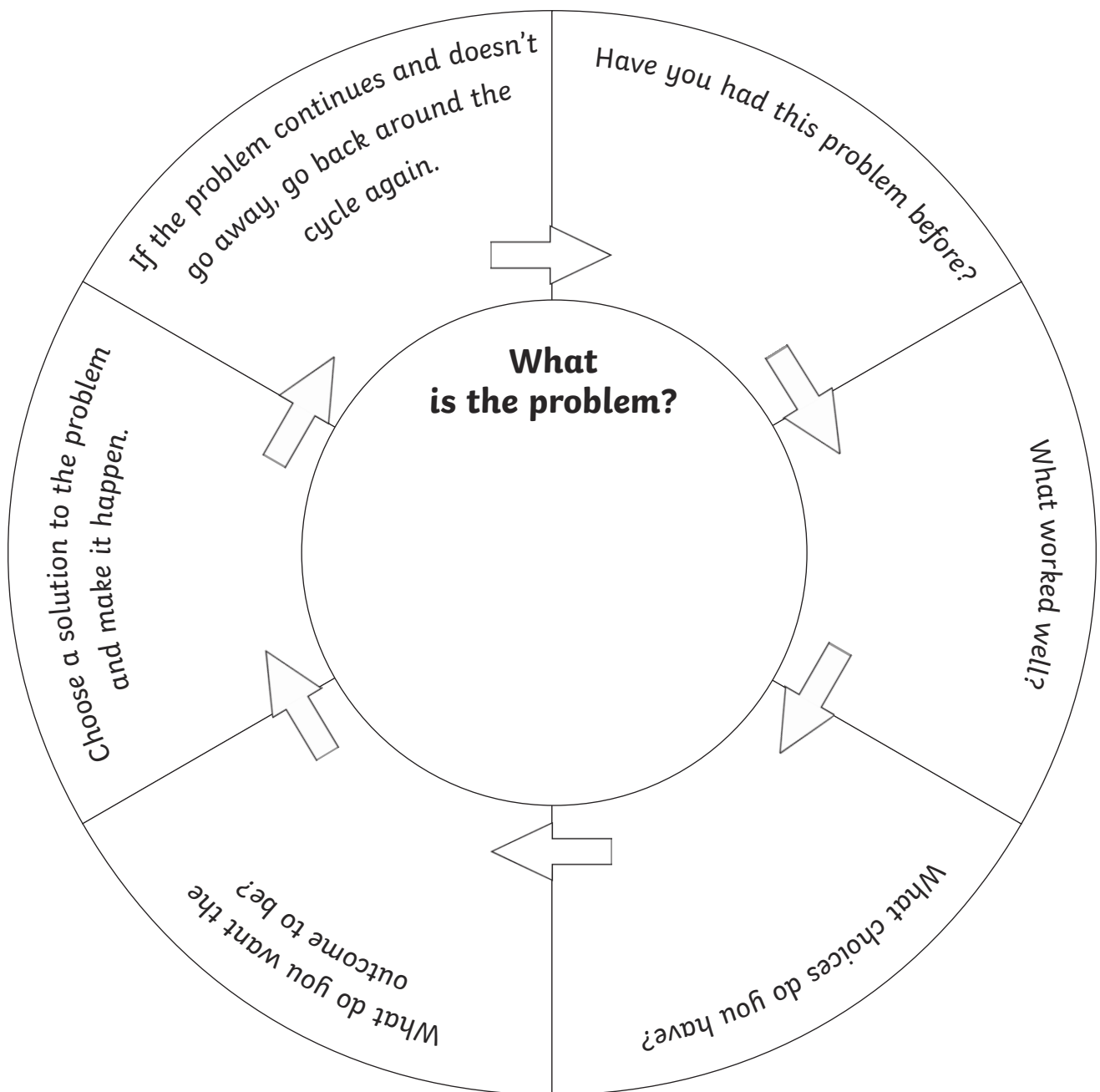
What Can I Do to Solve My Problem?

Some problems are easy to solve and we solve them all the time without really thinking about it. Other problems are harder to solve.

When this is the case, try to break down the problem into 'bite-size' chunks so that you can deal with small parts of it, one at a time. This will stop you feeling overwhelmed by a problem. It will help you to make the right decision as you will have more time to think each part through thoroughly.

The steps to follow are in the cycle below.

Please look at the cycle below and then complete your own cycle with your own problem.



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Now you have looked at the steps which you can use to help you solve a problem, try and use the cycle to solve your real problem.

