1. **It is important to deal with problems**
2. When someone is available to help you
3. Quickly and efficiently
4. When you get around to it
5. When they become unmanageable
6. **The first step in solving a problem is**
7. Identifying what is causing the problem
8. Asking for someone to help you
9. Thinking about it for a long time
10. Avoiding it until it goes away
11. **Once you have identified the problem, you should**
12. Get creative and find many different ways to solve the problem
13. Ask for help immediately
14. Choose the first answer you come up with and go with it
15. Watch TV or play a video game to relax
16. **A resource for solving a problem could be**
17. Waiting for someone to help you
18. Talking to a trusted friend or looking for ideas on the internet or in books
19. Letting someone else solve the problem for you
20. Just give up because some problems have no solutions
21. **When deciding which solution is the right one for you, it is important to**
22. Choose the quickest and easiest solution
23. Ask for someone to help you solve the problem
24. Only try to solve the problem if it’s easy and convenient
25. Decide what you are most likely to do and what you have the resources to accomplish
26. **When coming up with a plan of action, two key questions to answer are**
27. Who will help you and can they do it
28. Will this interfere with things you like to do like playing video games or watching TV
29. What are you going to do and when are you going to do it
30. Is it easier not to solve the problem and can you just live with the consequences
31. **When you try solving a problem, it is important to remember**
32. If it doesn’t work immediately stop
33. If it doesn’t work immediately ask for help
34. Some problems just can’t be solved
35. Some problems take weeks or months to solve
36. **What is true about problems?**
37. Everyone has problems they have to overcome
38. Most people have few or no problems
39. Most problems are made worse by trying to solve them
40. Most problems are too hard to solve