

## Understanding Your Default Problem-Solving Approach

Over time the way we approach and resolve problems becomes habitual and part of our usual way of thinking.

It can be helpful to reflect on how we tackle the problems and obstacles we face and the psychological mechanisms we employ.

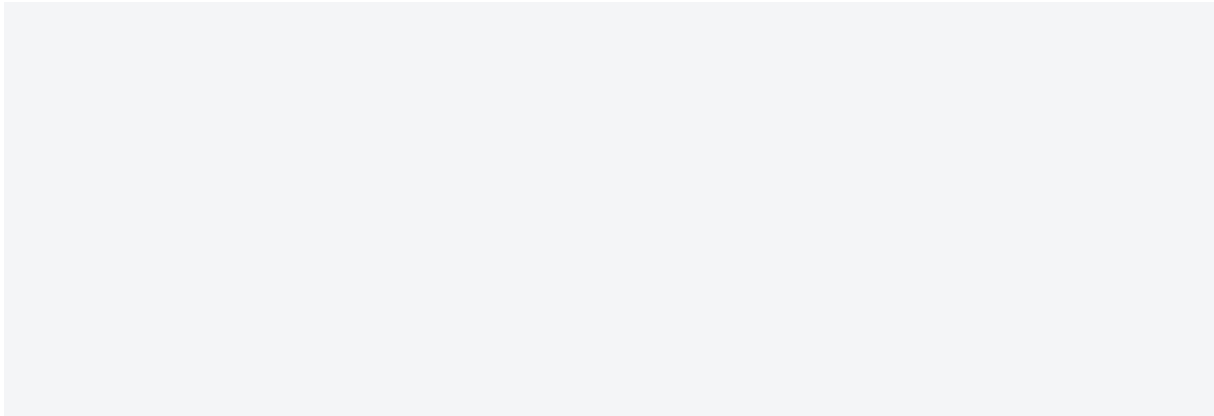
Think of an event that has happened (or one that you are expecting in the future) and answer the following questions:

**What is the situation?**

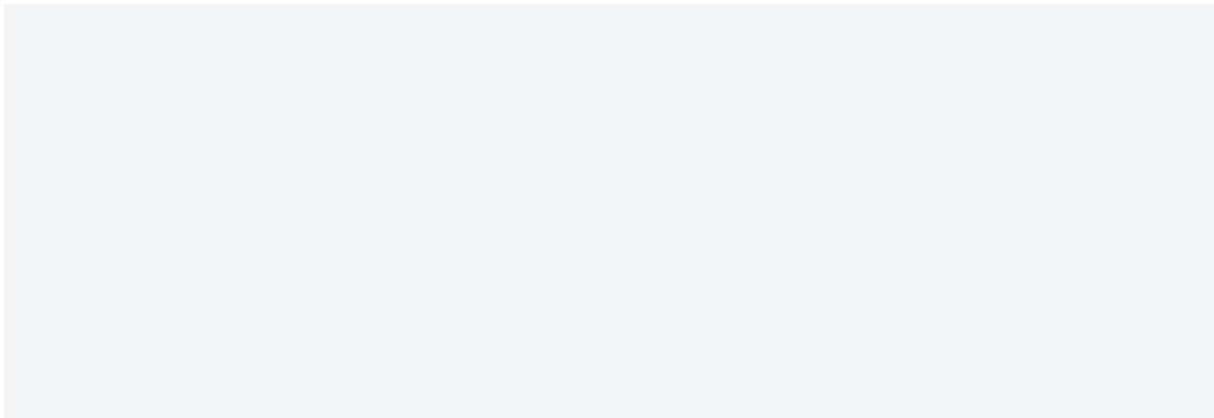
**What were your thoughts (or what are they likely to be)?**

**How did you feel (or how do you expect to feel)?**

**How did (or will) you react? What behavior did (or will) you show?**



**What was (or do you expect to be) the outcome?**



Becoming more aware of how you typically react can help you stop and think and consider if your approach is working or whether it is time to try something new.

Dr. Jeremy Sutton