

Confronting Your Problems With Creative Thinking

Many of the problems that make us unhappy can be improved through creative thinking. Use this form to identify possible problems that can be changed by looking at them differently.

Directions

1) Describe something in your life that is making you feel unhappy because you don't believe you don't have the ability to change it.

2) List all the ways you can think of to possibly improve the situation. Be creative!

a) _____

b) _____

c) _____

d) _____

3) Evaluate the best possible solution and write a plan for how you will try making a change.
