



TASK 1



People approach a problem in different ways, whether it's a complex math problem, a broken printer, a problem at work or at home.

Before you find a solution, clearly define the problem, i.e., identify what is the real difficulty in this situation. Describe it as broadly as you can, so that it is based on facts. Emotions are also important, i.e., what you feel. People often base their actions on emotions and follow them in action. Then consider what strategy to solve the problem will be most effective in this particular case.

Current problem:

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Think back to the last situation where this problem occurred:

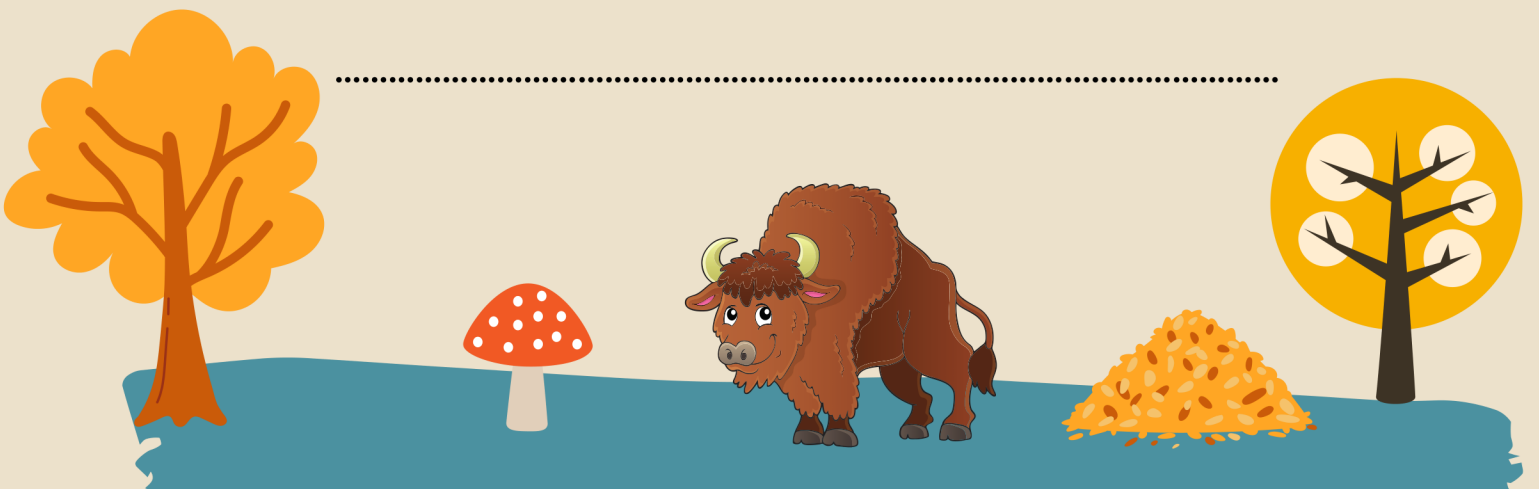
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What did you feel then, what emotions and body sensations?

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TASK 1



What did you do then?

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What did you think of?

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What consequences did you expect?

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What would you do if a similar situation happens?

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This way of working is a constructive thinking process focused on finding flexible and effective ways to deal with a given situation.

Ultimately, the best solutions, in our opinion, are selected.

Based on this assessment, we can finally determine the best course of action, including one or many of the strategies we have considered.

All that's left is to put the plan into action and then evaluate how well you're doing in that situation in the future.



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