

# How to Deal With Problems You Cant Change



**#1. Realize the state you are in or your problem is temporary.** This is a very essential realization, as it will color how you approach your challenge. Life ebbs and flows, and NOTHING ever remains the same. So-called good times don't last and challenging times don't last either. Nothing stays the same. Understanding this and internalizing this can assist you in looking at the situation realistically. It can safeguard you from distorted thinking. Bear in mind you must INTERNALIZE this concept.

Ask yourself: In what ways could my problem change for the better. Write down 2 ways.

**#2. You must find a healthy way to COPE with the problem.** Coping helps us to get our minds off of problems and focus on other things that bring us happiness. It's possible to cope though in negative ways. So you want to put your attention on healthy ways to cope. **Coping has to be a serious pastime for you.** It can't be something you do sometimes. It must committed to DAILY, especially during your challenging time. Healthy examples of coping are exercising, journaling, talking to a supportive friend, walking, meditating, yoga, dancing, watching motivational Youtube videos, or watching something funny. The only alternative to healthy coping is self-destructive behavior.

Ask yourself: What are going to be healthy coping mechanisms that I can do regularly that will help me to feel better? Write a schedule for M, T, W, T, F, S, & Su and a short phrase of what you will do on that day to cope.

**#3 You must monitor your internal dialogue when you are faced with challenges.** The conversations you have with yourself during these times can make or break you. Most of the time, our thoughts are automatic. Yet, it's our thoughts that create our world. Failing to monitor your thoughts is planning to fail. We can have negative, positive or neutral thoughts. Your focus needs to be on positive thoughts. This means that during the day you need to begin taking stock of your thoughts and deliberately reframing your negative thoughts or making an effort to think positively about all the things you see happening around you that can be viewed from a positive perspective.

Ask yourself: What positive thoughts did I have today or what thoughts did I reframe? Name at least 4.

*Review this sheet and your responses daily and recommit to coping in a positive way. Repeat regularly*