**WEEK 8 - ADDRESSING PROBLEMS: Problem-solving plan**

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| * Step 1: What is the problem?
* Be as precise as possible: *knee pain while walking to the shops*

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	+ How does it affect your thoughts and emotions?
	+ What are you physical symptoms?
	+ How does it affect your behaviour

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	+ Brainstorm a list of potential strategies from those taught in this book.

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	+ Pick the most appropriate and effective solutions and develop a plan of action. Include the strategies you need, and how, when, and where you would use them.

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