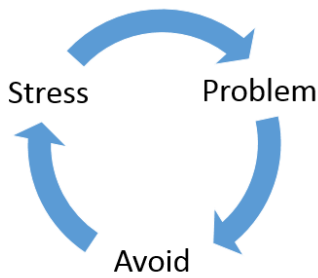


# FACE: Problem Solving

Overcome problems by using FACE:

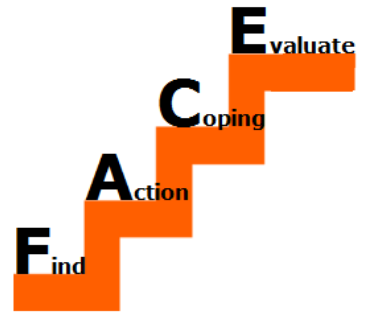


**F**ind and identify your target problem – what you need to face and solve

**A**ction – decide on the steps you need to take

**C**oping – identify your coping strategies and resources

**E**valuate – how did it go?

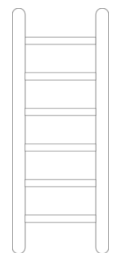


## FIND

Identify what problem you would like to be able to FACE and solve, rather than avoid. You could write a list of several targets to face, then start with one that is not too overwhelming.

## ACTION

Decide on the steps you need to take. Break it down into manageable chunks, like steps on a step ladder leading up to the top or BIG one. Take one step at a time, starting at the bottom.



## COPING

Write down all your coping strategies and resources you can use.

## EVALUATE

After you've actioned the steps, review how things went. What went well? What didn't go so well? What could you do differently next time?

Decide whether you need to repeat this step, or move up to the next step.