

FIVE WAYS TO RESPOND TO A PROBLEM

1. Solve the problem

- Use interpersonal effectiveness skills
- Walking the Middle Path (from interpersonal effectiveness skills)
- Use problem-solving skills (from emotion regulation skills)

2. Change the way you view the problem

- Use emotion regulation skills

3. Accept and tolerate the problem

- Use distress tolerance and mindfulness skills

4. Do nothing & stay miserable

5. Make it worse