

The four approaches of problem-solving



When life presents you with problems, what are your options? Do you tend to avoid the problems or deal with them head-on?

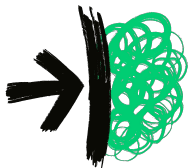
Though problems can be intimidating to face—and sometimes unpredictable like the weather—these four options can help you take the next step to find your solutions.

Let's walk through an example now. Pretend you got a disappointing grade on an assignment in school.



Solve

The first option you can take is to try to solve the problem. To expand on the example, you could try talking to your teacher or professor about opportunities for extra credit.



Shift

The second option is to try to feel better about the problem. Instead of changing the situation, you change your emotional response to it. Say you were feeling really down about this grade. But, instead of stewing, you decide to do something that makes you really happy, like picking fresh flowers.



Tolerate

The third option is to tolerate the problem. That means you accept the situation and your response to it. So, in this option, maybe you continue to be upset, but you also accept the grade and accept that you're feeling pretty down.



Do nothing

Lastly, you could choose to do nothing about the problem. Be aware that this could prolong your misery. However, you may just not be ready to do anything about it. And that's okay! In this situation, you would just continue to feel upset about the grade.

All of these options have value. So take time to reflect on which one is best for your situation.