

Solving long term problems:

We can solve problems even if they are well in the past.

Think about the times the same thing has happened in the past. We are looking for patterns or repetition. We trace our way back like usual.

This time ask these extra questions:

1. What has built up while the problem grew? What does that tell you about the problem?

2. Does the problem bring up same emotion every time?

3. Does the problem happen because of that emotion coming up?

4. How does the emotion contribute to what happens and the response?

5. What does that tell you something about how you/others solve the problem?