

Problem-Solving

Problem-solving refers to a style by which a person decides to solve a problem. There are generally two types of problem-solving: passive and active.

Passive problem-solving refers to a style which is "passive". This means the person is waiting for someone to help them without asking, watching as life happens and reacting to what happens, or letting something go on until it feels like it is a crisis. This type of problem-solving may also include doing things so a problem can be ignored such as using alcohol and other drugs, starving, bingeing, bingeing and purging, self-mutilation, lying, rationalizing, minimizing, etc.

Active problem-solving involves taking charge of your own issues. Active problem-solving means knowing something is a problem and deciding to do something positive about the problem. This person does not ignore the issue. A person who is active in their problem-solving method would look at options, weigh the pros and cons of these options, test one option, and then re-evaluate the outcome of the option chosen. At this point if the option chosen is not working, the person would try another, ask for help, accept the help offered, and attempt to continue solving the situation in a healthy manner.

Let's try applying an active problem-solving
Approach.....