

By

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Problems and Possibility

You may have heard the saying that every problem can be seen as an opportunity – but now about turning problems into possibility?

Change can bring loss and loss brings pain. But change can be a positive, it can represent new freedoms and the opportunity for something new... of your choosing.

Exercise:

- I have lost, what have I gained?
- Where is the opportunity in my problem, and what are some possible solutions?
- What is something good/positive about this situation, no matter how small it may be?
- Can I open myself up to my feelings a little more? Do I need to?
- What is something I can do to help me get in touch with my feelings?
Who can I turn to for support? Who can I explore this with?
- What can I take from experiencing this?
- What can I learn?
- How can I grow?
- What actions can I now take?

