

**MY TWO HEALTHY OPTIONS ARE PROBLEM-SOLVING AND COPING**

- 1. PROBLEM-SOLVE:** (a) research many solutions; (b) practice one solution; (c) evaluate success; (d) refine/redo/rechoose as needed.  
**2. COPE:** let it go, totally accept it, let it be wrong, surrender, give it to God, make peace with it, pray for enemies to be under God.

**I NOW CHOOSE TO PROBLEM-SOLVE OR COPE BY ANSWERING:**

Do I have or can I get the power and authority I need to problem-solve? If I can, I will first problem-solve the situation—else cope.

**I NOW TEST MY THINKING, FEELING, AND BEHAVING FOR COPING:**

Does my thinking, feeling, or behaving this way help or hinder my problem-solving or coping with the event? If it hinders, I will stop doubling my trouble and act humble and problem-solve or cope.