3Rs: Problem-Solving Method

1. Recognize	• What is not helping? • What is not working? • What is keeping me stuck? • What is making things worse? • What is adding more problems?
2. Remove	• I will work against the problems. • I will refuse to give my time and attention to things that fail. • I will make the failing ways emotionally aversive to my usage. • I will talk myself into not using the same failing methods anymore.
3. Replace	• I will work for solutions. • I will experiment with more effective and helpful methods. • I will learn better ways of coping & use them when I can't fix things. • I will learn better ways to handle problems and practice using them.

For more information, read *Problem Solved! 3Rs.*