# WHEN PROBLEM SOLVING...

## DON'T...

- ...Focus on the pressure or consequences of the problem
- ...Give in to your frustration or thoughts that it can't be done. Don't give up when it gets hard.
- ...Entertain cognitive distortions
- ...Accept easy answers, surface level understandings, or label interpretations as facts.
- ...Insist on doing it by yourself and maintaining your pride

### INSTEAD...

- ...Focus on understanding as many details about the problem as possible
  - ...Assume that a solution exists and that, with enough digging, you will find it
- ...Maintain an attitude of curiosity
- ...Question everything and keep questioning it until you get to the deepest possible answer.
- Let go of pride and be willing to do whatever it takes to get to a solution

### **How To Become A Problem Solver**

### **DAVID SANDUA**

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