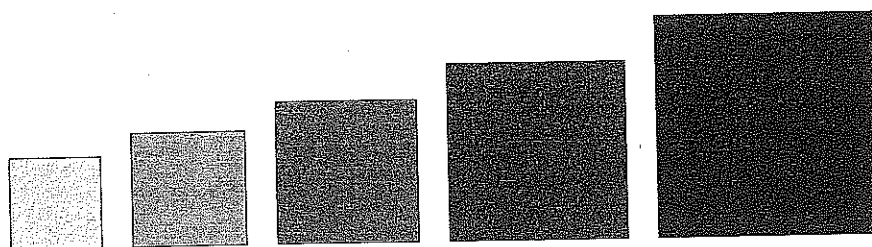


## The Size of My Problem:

Problems come in different sizes. I have to practice recognizing the size of my problem should connect to the size of my emotion.



## Solving Problems before they become Big Problems

Problems come in different sizes. Problems are like bacteria, they increase in size and number if ignored. I need to recognize I have a problem and create a plan to try and stop it from getting bigger.

I start by:

1. Recognizing I have a problem...we all have little problems on a daily basis!
2. Figure out my choices for making the problem smaller.
3. Coming up with a plan to follow through with my choice.

I remember:

If I ignore my problem, it will **GROW** and become an even bigger **PROBLEM**.