

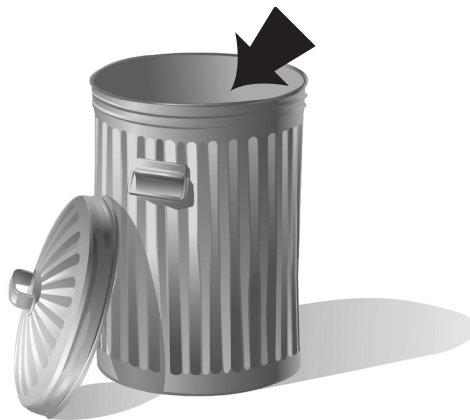
## You can solve problems instead of worrying about them

Are you a good problem-solver? Lots of times you can worry about things less if you think of your worries as a problem to solve.

For example, Janie was worried because her dad was coming home right around the time that she was supposed to go on a three day camping trip. She hadn't seen her dad in six months, and she really wanted to be there when her dad came home. But she wanted to be with her friends on the camping trip too! She worried and worried, and then asked her mother if she thought her dad or her uncle could drive her to the camping site after the reunion party. "I'm sure someone can drive you," her mom said, "I think that is a good solution."

Sometimes people don't see that there are solutions to the things that they worry about. That's where "The Brainstorming Game" can help out! Brainstorming means thinking creatively about something without worrying about whether your ideas are good or not. The Brainstorming Game is usually most fun when it is played with two or more people.

Here's a way to start. Put a trash can in front of the group. Everyone goes around the room and says what you can do with that trash can besides using it for trash. Keep coming up with creative ideas and write them below. Then circle the best ideas.



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That's a simple game isn't it? Now try it with a real problem or two. Think of a problem that you worry about and everyone in the group should try and think of a solution. Write all the ideas down, whether they seem like good ideas or not.

Worry #1: \_\_\_\_\_

Ideas:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Worry #2: \_\_\_\_\_

Ideas:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Now go back and circle the best ideas. Can you try out the best ideas and see if they can help you worry less?

Now try the game again with a problem that someone else is worried about.

Worry: \_\_\_\_\_

Ideas:

_____	_____
_____	_____
_____	_____
_____	_____