



# You and Your Problems

*Christiana Birago*

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## **You and Your Problems** Christiana Birago

There may be things that bother you. Some may be serious and worry you quite a lot. Others may not be so important. When you have a problem, it will help to ask yourself "what is my problem?" "what are the different ways I could solve my problems?" which ways would be the best solutions to my problem?". Of course, solution to problems cannot always be laid out. In this booklet, the problem-solving method will be tried out on lots of different real life problems. It has been written to help young people understand and solve personal problems, get along successfully with others, and make realistic educational and rational plans.

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