

Problem solving self-help guide — action plan



Steps	
<p>Step 1</p> <p>For example - in order to get more confident about saying 'no' to things, Mandy decided to get a book on confidence from the library.</p>	
<p>Step 2</p> <p>For example - Mandy read the book.</p>	
<p>Step 3</p> <p>For example - Mandy started practising saying 'no' in the mirror every day.</p>	
<p>Step 4</p> <p>For example - Mandy decided to say 'no' for the first time when her sister asked her to pick up some shopping for her.</p>	
<p>Step 5</p> <p>For example - Mandy rewarded herself for saying no by treating herself to a coffee in her favourite café.</p>	