Problem solving self-help guide — solution list

NHS inform

Problem - for example, "I don't have enough time for myself."

Solution	Pros	Cons
Example - "I could take a class at the community centre"	Example - "it'd be great to learn something new."	Example - "it could become just another thing on my to-do list."
	Example - "I might meet some nice new people."	Example - "I might not be able to afford it."
	Example - "the community centre's really close to my house so it's convenient."	

Solution	Pros	Cons

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