



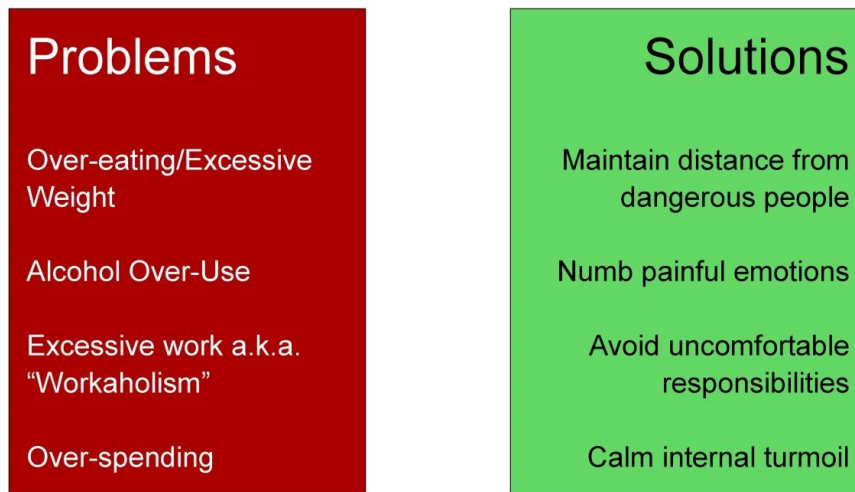
Steven S. Minter, Th.M., Psy.D.

Clinical Psychology

Licensed Psychologist/PY 8553

Working Therapeutically Between Sessions: Journaling Exercise

When is a Problem Actually a Solution?



1. Study the diagram above. What thoughts and feelings arise in you as you take in the ideas?

2. Take several purposeful deep breaths. Then consider this question: What behaviors in your life that you have considered "problems" are actually brilliant and effective solutions?