Learn to **use** your feelings by letting your discomfort crystallize into a:

1. **Statement of a Problem**
   
   “I don’t understand how to do this assignment . . . “

   Make sure you understand the statement of the problem you have made by:

2. **Analyzing the Elements of the Problem**
   
   and seeing that they are clear to you

   “I seem to have to define A, illustrate B, and demonstrate how A and B are used . . . “

3. **Generating Alternatives**

   “I know where I can read some more about A, and I can ask Sue something about B . . . “

   Think of **as many** alternatives as possible during this step and **don’t** judge or reject them
   
   (evaluation comes later)

4. **Solution**

   and try it out by implementing your ideas with action

   I’ll write this out and see how it looks . . . “

5. **Test the Effectiveness of the Solution**

   by:

   --- Measuring your progress
   --- Testing your solution against a model situation
   --- Asking questions like “How far did I go?”
   --- “How well did I do?”
   --- “Did I accomplish what I wanted to, to my satisfaction?”
   --- Getting feedback from others.