

Recognising Practical Problems and Difficulties

From time to time all of us face practical problems and difficulties. We may have no control over some of these, but they can still make us feel low and stressed.

Tick the problems in the table that apply to you. You can write any extra ones at the end.

Problem	True	False	Sometimes
I have relationship difficulties (e.g. arguments)			
My partner doesn't talk to me or support me			
I haven't got anyone I can really talk to			
My children won't do what I ask			
I have money worries or debts			
I have difficulties with my accommodation			
I have problems with my neighbours			
I haven't got a job			
I don't like my job			
I don't get on with the people I work with			

Now write down the things that support and help you:

For example trusted friends and family, activities you enjoy, and so on...

Now answer these questions:

➔ Do I have some practical problems and difficulties?

➔ Do I have some help and support?

Your guide will help you decide what to try to do about your practical problems or how to increase the things that help and support you. There is another leaflet in this series all about tackling practical problems and difficulties.

FOR MORE LEAFLETS IN THIS SERIES GO TO www.primarycare-selfhelp.co.uk