The 3 A’s of problem solving provide a guide to solving all problems with insight and acceptance. We get STUCK in life’s problems at times because we aren’t aware of the real issue or can’t accept what is happening. Follow these prompts in order to improve your problem-solving skills.

**Awareness**

What is happening?

How do I feel?

How am I acting/What are my behaviors?

**Acceptance**

What can I control?

What do I not have control of?

What do I have to let go of to move forward?

**Action**

How can I take responsibility for my future?

What is my plan?

Who can help me with my plan?