

4	UNIT	Content Title	NOTES
		Entry Page	
			1 INTRODUCTION
	1	SOLVING CHALLENGES	
	1	Issues People Face	
	1	What Can Go Wrong?	
			2 CASE STUDY
	2	MEET CARL AND SHANA	
	2	Steps to Address an Issue: Problem	
	2	Steps to Address an Issue: Solution	

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4	UNIT	Content Title	NOTES	
	2	All Steps One by One		
			2 PROBLEM ASSESSMENT	
	3	DEFINING THE PROBLEM		
	3	Initial Definition		
	3	Problem Assessment		
	3	Talk to the Person		
	3	Talk to the Person 2		



4	UNIT	Content Title	NOTES
	3	Talk to Others	
	3	Fact Finding	
	3	Found Issues	
	3	Found Issues 2	
			4 SOLUTION STRATEGIES
	4	All Steps One by One	
	4	Proposed Solutions	



			Steps to Solving Chanenges Course Log Notes
4	UNIT	Content Title	NOTES
	4	Proposed Solutions 2	
	4	Proposed Solutions 3	
	4	Proposed Solutions 4	
	4	Proposed Solutions 5	
	4	Proposed Solutions 6	
	4	Proposed Solutions 7	
	5		5 IMPLEMENTATION





4	UNIT	Content Title	NOTES
			7 CAUTIONS
	7	CAUTIONS FOR SOME SOLUTIONS	
	7	Cautions for Some Solutions 2	
	7	Inappropriate to Age	
	7	inappropriate to Setting	
			8 COGNITIVE DISTORTIONS
	8	OVERCOMING COGNITIVE DISTORTION ISSUES It's all my fault!	
	8	Overcoming Cognitive Distortion 2	
	8	Overcoming Cognitive Distortion 3	
	8	Overcoming Cognitive Distortion 4	



4	UNIT	Content Title	NOTES
	8	Overcoming Cognitive Distortion 5	
	8	Overcoming Cognitive Distortion 6	
			9 CONCLUSION
	10	MULTI-SOURCE INFLUENCES	
	11	Summary	
			10 REVIEW
			Review the Welcome to your Post-Test information.