

# How Big Is My Problem?

---

When problems occur at home or in school they can feel earth shattering. However, rarely are problems as bad as they seem. In moments of panic, it may be difficult for the client to put a problem into perspective. This activity helps clients create an anchor chart, in their own words, to help judge the severity of the problem and how to solve the problem. During the session, work with the client to brainstorm examples of minor, medium and major problems. Also allow the client to list a course of action for each level of problem. If needed, prompt clients with questions like; How can you solve this level of problem? Or: When do you need to seek assistance from others? This activity can be used in ongoing sessions and outside of the therapy to address real-life problems as they occur.

Major Problem! I Need Help!

Medium Problem

Small Problem

