

On The Road To Nowhere: Are you failing to reach your goals?

Procrastination

Avoiding thinking or dealing with the problem... possibly even denying it exists.

Fretting

Stewing about it but taking no clear action.

Scheming

Generating many solutions but not seriously committing to implementing any of them.

Repeating

Utilizing basically the same solution over and over again, even though it fails to produce change.

(Adapted from Mel Silberman)

1. Which is your personal favorite?
2. What problem-solving step would you use for each kind of behavior?