

WORKSHEET:

How Can I Get This Situation Resolved?



By now you are probably clear about what happened and have decided what issue you want to deal with first. This page is to help you find out what kinds of choices you have. There is often more than one way to solve a problem. You may already have some good ideas about what to do next.

What ideas do I have on how to resolve this situation?

What got in the way when I tried to use these ideas to resolve this situation?

How have other people handled similar situations?

1-800-499-1986 • www.cdnaids.ca • www.HIVandPoverty.ca

This project is funded by the Government of Canada's Social Development Partnerships Program. The opinions and interpretations in the publication are those of the author and do not necessarily reflect those of the Government of Canada.

This Tipsheet was compiled using the following resources:

May, Pat. "The Advokit: A Self-Help Guide on how to Advocate for yourself." Penticton Advocacy Network, 1996. As cited by Domestic Abuse Must Stop, 2004. www.domesticabusemuststop.org