



What Is This Module About?

How do you look at the problems that you encounter in life? Do you think that it is common for people to have problems? Have you heard or read about stories of people who ended their lives because of a very serious problem they had? How should we deal with our problems?

This module will focus on how we should deal with problems we meet in life. It aims to teach us that problems can make us better persons.

This module is divided into two lessons:

Lesson 1 – *Do You Have Problems in Life?*

Lesson 2 – *How Do We Solve Our Problems?*



What Will You Learn From This Module?

After studying this module, you should be able to:

- ◆ identify different kinds of problems;
- ◆ explain how a problem starts;
- ◆ identify the persons involved in a problem;
- ◆ explain how problems in life can make us better persons;
- ◆ suggest possible solutions to solve a problem;
- ◆ determine the effectiveness of a solution to a problem; and
- ◆ apply the best solutions to address your own problems.



Let's See What You Already Know

Before you start studying this module, answer the questions below to find out what you already know about the topic.

Read each sentence below. If you agree with what it says, put a check mark (✓) in the blank after **Agree**. If you disagree with it, put a check mark in the blank after **Disagree**. Then write the reasons why you agree or disagree in the blanks after each item.

1. It is possible to have several solutions to a problem.

Agree? _____

Disagree? _____

2. It would be helpful if a person looks at a problem positively.

Agree? _____

Disagree? _____

3. There is an element of risk in every solution to a problem.

Agree? _____

Disagree? _____

4. Sometimes, a problem does not have any solution at all, so we might as well give up.

Agree? _____

Disagree? _____

5. Problems are opportunities for personal growth.

Agree? _____

Disagree? _____

6. The way we look at a problem affects the way we deal with it.

Agree? _____ Disagree? _____

7. Proper planning is not needed in solving problems.

Agree? _____ Disagree? _____

8. A person who wants to solve a problem must be open-minded.

Agree? _____ Disagree? _____

9. Problems cannot help us become better persons.

Agree? _____ Disagree? _____

10. A person must first know what he/she wants before he/she can solve his/her problem.

Agree? _____ Disagree? _____

Well, how was it? Do you think you fared well? Compare your answers with those in the *Answer Key* on pages 32–33.

If all your answers are correct, very good! This shows that you already know much about the topics in this module. You may still study the module to review what you already know. Who knows? You might learn a few more new things as well.

If you got a low score, don't feel bad. This means that this module is for you. It will help you understand important concepts that you can apply in your daily life. If you study this module carefully, you will learn the answers to all the items in the test and a lot more! Are you ready?

You may now go to the next page to begin Lesson 1.

Do You Have Problems in Life?

Is it natural to have problems in life? Why do we have problems in life? You will know the answers to these questions after completing this lesson.

After studying this lesson, you should be able to:

- ◆ identify different kinds of problems;
- ◆ explain how a problem starts;
- ◆ identify the persons involved in a problem; and
- ◆ explain how problems can make us better persons.



Let's Think About This

1. What was the most difficult problem you have met or encountered in life?

2. Based on your experience, what is the meaning of a problem?

Have you written down your answers? Keep those in mind as you study this lesson. We will be studying about problems, and your own experiences and opinions will help you understand the topic better.

Have you ever experienced a problem in your life? What kind of problem was it? Was it about your family, friends, co-workers, work or money? Can we say that it is normal for people to have problems in life?

Continue reading the lesson and you will find out.



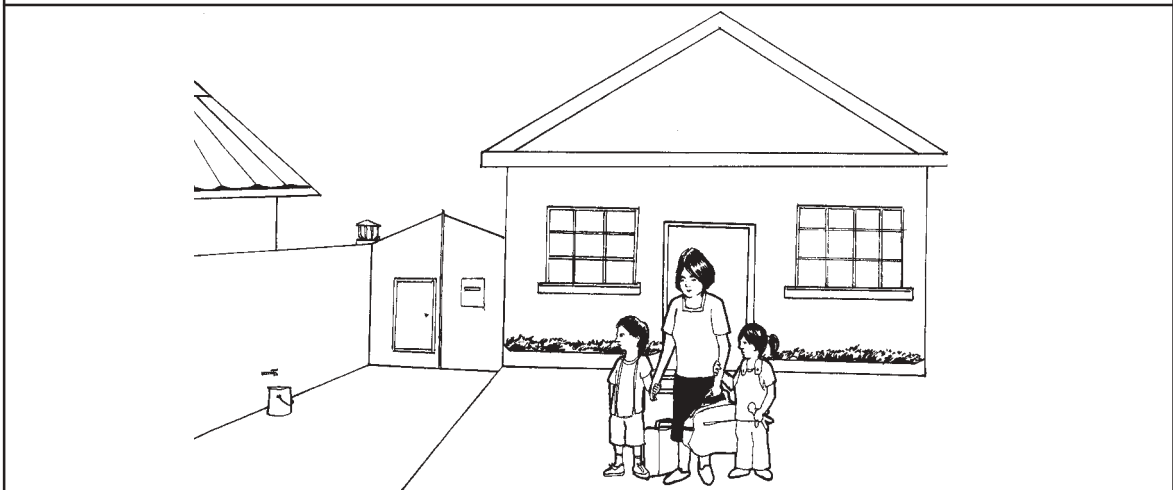
Let's Read

Read the story below. Find out what Pilo's problem was.

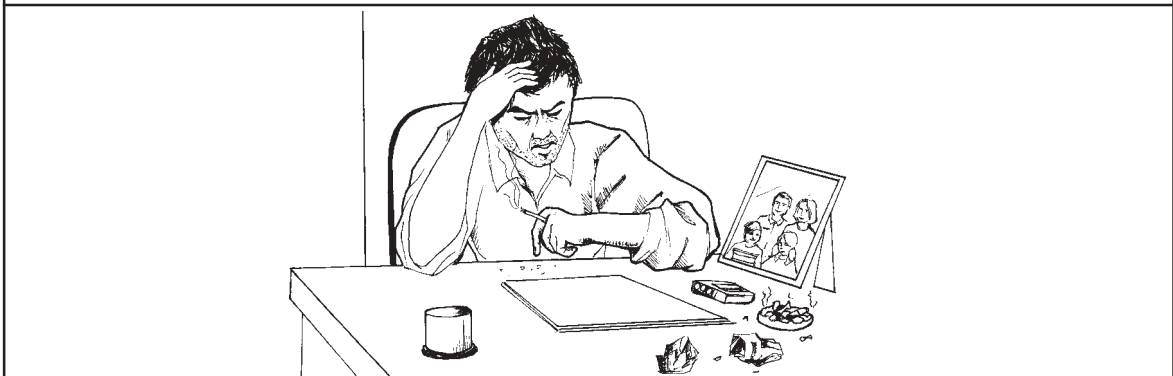
One evening, Pilo came home late and drunk. He gave his pay envelope to his wife, Elsa. Pilo's salary is ₱1,200.00, but Elsa received only ₱1,000. It was not the first time that this happened. For three consecutive months, Pilo has been doing this. That night, the couple had a fight. Unable to control himself, Pilo physically hurt Elsa.



Elsa was deeply affected by what Pilo did to her. The next day, when Pilo left for work, she gathered their things. With her two children, she left home to stay with her mother.



All alone, Pilo couldn't think of anything but his wife and children. He realized that he was at fault. How he wished that he had told Elsa about the condition of their company. He should have told her that he was going to be out of work in six months. Maybe she would have understood why he was drunk then. Maybe they would not have had a fight. What should he do now? How can he solve his problem?



Have you finished reading the story of Pilo? If you have, answer the following questions.

1. What is Pilo's problem now?

2. How did the problem start?

3. Who are involved in or are affected by the problem?

Compare your answers with those in the *Answer Key* on page 33.



Let's Study and Analyze

As a person, we have different roles to play in society. And we are expected to play these roles well. The more roles we have to adjust to, the more problems we will meet.

Let us take a look at a typical teenager. What are his roles? Here are some of them.

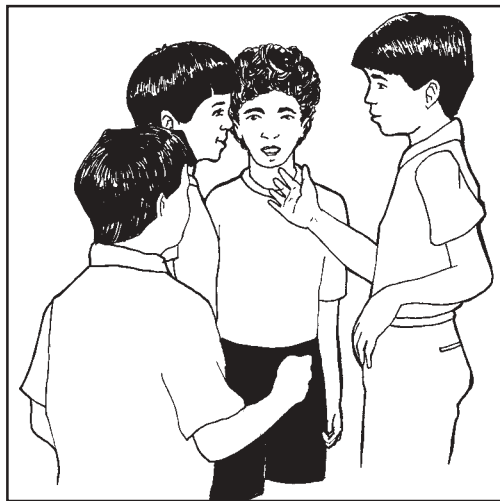
1. He needs to be a good student. He must study his lessons and pass his subjects in school or in a nonformal program.



2. He needs to be a good son. He must be obedient and respectful.



3. He needs to be a good friend. He must be willing to help a friend in need.

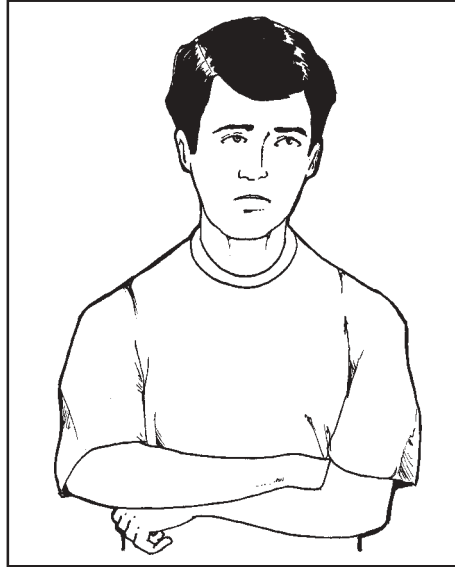


4. He needs to be a good community member. He must obey the rules and regulations of his community. He must also contribute to the development of his community.



As we fulfill our different roles in life, we cannot avoid meeting difficulties.

If such difficulties are not immediately or satisfactorily addressed, we may be affected physically, emotionally, or socially. This gives rise to problems. **A problem is something that is difficult to deal with or understand.**



Let's Think About This

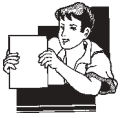
Based on what you read earlier, what was Pilo's problem? If your answer is "how to bring back Elsa and their children," you are right. After Elsa and their children left home, Pilo started to reflect on his actions. He thought of how his problem affected his family. He thought of what he should do to bring back his wife and children.

Now, study Jose's situation. Then, answer the question that follows.

Jose has been regularly cutting classes. Because of this, he missed a lot of quizzes. He also missed his lessons. During their periodical exams, he failed to answer many items. When he received his report card, his grades were low. His parents were very disappointed. They became very strict about his activities outside of school.

When do you think did Jose's problems start? What is the cause of his problems?

Read on to find out if your ideas are correct.



Let's Learn

How do you think problems start?

Problems start in different ways. Often, it is our own actions that lead to problems.

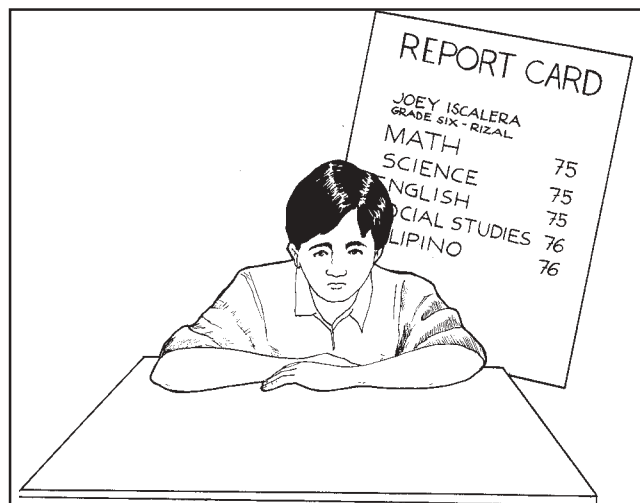
In the case of Jose, his problem started when he began cutting classes frequently. Because of this, he missed a lot of quizzes and lessons. This also made him fail the periodical exams.

There too are problems that arise unexpectedly. Usually, these problems are beyond our control. An example of this is the sudden death of a family member. What if that family member is the one who supports the family? Who will now support the family?

Another example is a family member who is removed from work due to the economic crisis in the country. How will his family survive if they don't have any savings?

There are also problems that do not occur immediately. We may only be experiencing difficulties at certain times.

A problem often occurs when we don't address a difficulty. It then affects our performance at home, work or in school.



Do you still remember Pilo and Jose's stories? How did their problems start?

Pilo's problem started when he often came home drunk and did not give Elsa his full salary. He had been doing this for three consecutive months. The situation became worse when he came home one payday evening drunk again. Because of his being drunk he had a fight with Elsa and he hit her. This made Elsa decide to leave Pilo, taking their children with her.

What were Pilo's reasons for coming home drunk? He drank to forget the difficult situation in his workplace. He didn't tell Elsa about it. This led to the couple's fight. Had he addressed his difficulty at work or done something positive about it, he might have avoided fighting with Elsa.

The cause of Pilo's problem is somewhat similar to that of Jose's. If Jose had not cut classes, he would have been able to study his lessons and take his quizzes. He would have passed the periodical exams.

Both Pilo and Jose failed to think about what results their actions would bring.

To help prevent problems, it is very important that we think about our actions first.



Let's Think About This

Answer the questions below.

1. Have you met a problem that did not only affect you but also other people? What was the problem about?

2. How did your problem affect other people?

Read on to find out the effects of our own problems on other people.

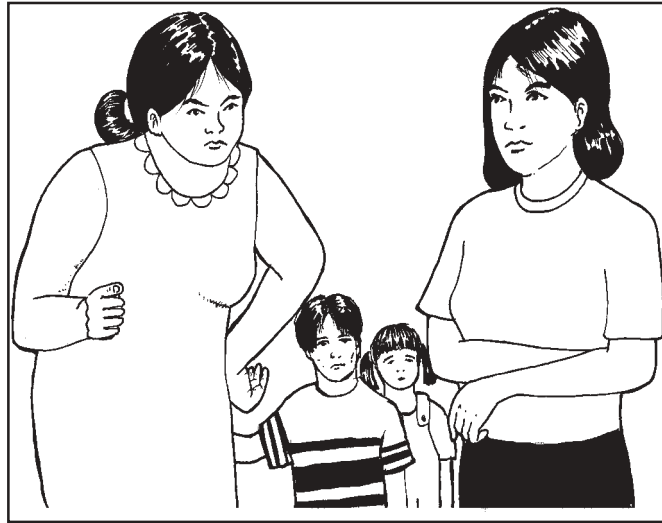


Let's Study and Analyze

Let us try to recall the story of Pilo. Were other people affected by what happened to him and Elsa? Who were the people affected by Pilo's problem?

The correct answer is: the whole family was affected by the problem—Pilo, Elsa, and their children. Maybe even Elsa's mother was also affected because Elsa moved to her place.

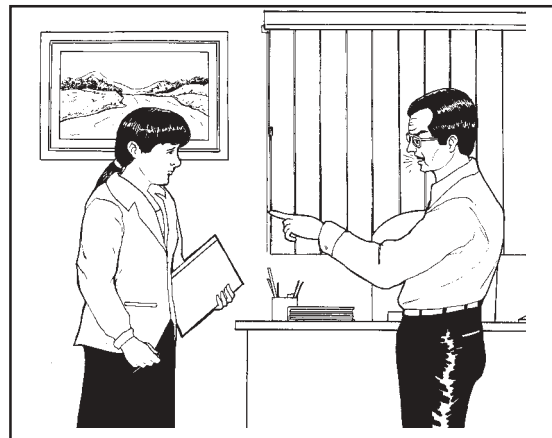
When someone has a problem, he/she must try to solve it or look for people who can help him/her solve the problem. If he/she doesn't, the problem may affect other people.



Our problem may also affect other people, especially those who are close to us since we constantly interact with them. We may at times lose our temper because of the frustration and anger that we feel. People close to us may worry or become concerned about our condition. Our problems may cause them to have problems, too.

Let's study this example.

Berto had an argument with his wife before he went to work. He felt so angry that when he arrived in the office, he shouted at the secretary. The secretary got frightened and wondered what was wrong. For the rest of the day, she felt uncomfortable discussing with Berto matters that concerned their work in the office.





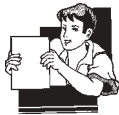
Let's Think About This

Answer the following questions.

1. Think of a problem that you recently had. How did it affect you?

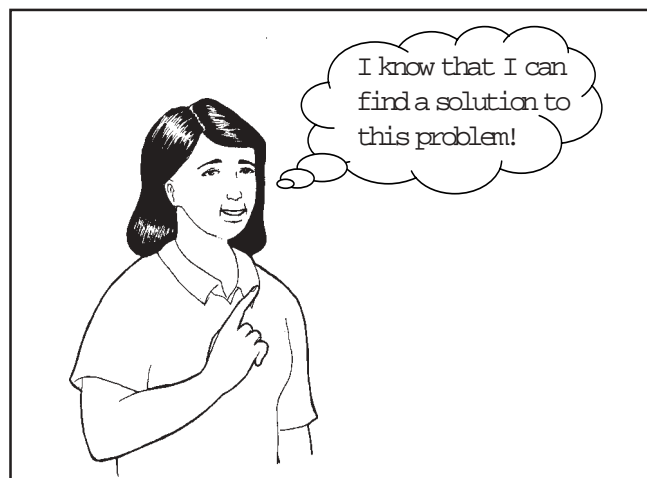
2. How did it affect the people around you or close to you?

Compare your answers with those in the *Answer Key* on page 33.



Let's Learn

If you have a problem, try to look at it in a positive way. This means that you must always bear in mind that problems can be solved.

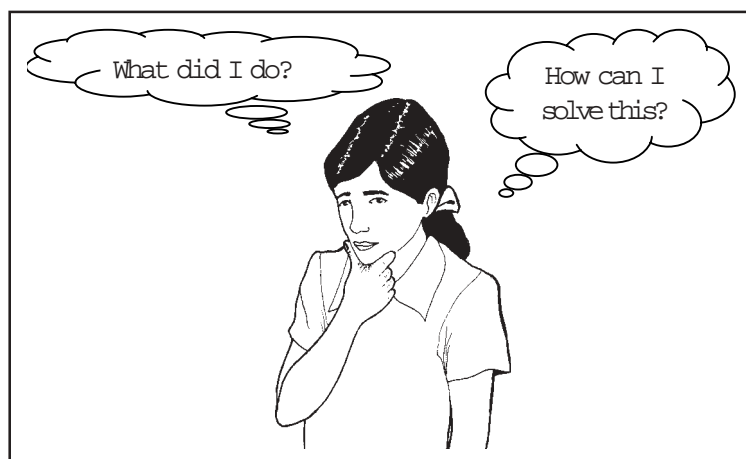


Problems do affect our emotions. When we have problems, we may feel restless or uncomfortable. But there is also an advantage in having problems. Problems, no matter how difficult they are, can help us become better persons.

Do you remember the story of Pilo? What was his first reaction when he learned that his family had left him?

Pilo was very sad about what happened. However, he also started to think about what he had done. By thinking things over, he was able to see what led to his problem. He also started thinking of how to deal with his problem.

This is how problems make us better persons. **Problems in life make us think things over.** They help us see things more clearly and better understand ourselves as well as the other person/s involved in the situation.



Let's say that you did badly in a job interview. You felt so bad that you locked yourself inside your room for two straight days. During your moments alone, you asked yourself how you performed in the interview. You realized why you were not able to answer some of the questions well. You promised to be better prepared so that next time, your job interview would go very well.

Problems that arise unexpectedly force us to find ways to solve them. We should always think about what we can do to be able to deal with them. We should never give up because it is natural for people to experience problems. More importantly, no matter how serious or how many our problems are, they will always have solutions. We will discuss solving problems in Lesson 2 of this module.



Let's Study and Analyze

Read the story below.

Flora is an Overseas Filipino Worker (OFW) in Hong Kong. She has been working for her Chinese employer for ten years now. Her husband had been in and out of work. This was the reason why she decided to work in Hong Kong.

They have five children who are all in elementary school. Flora comes home once every two years. She communicates with her children through letters and phone calls.

Last year, when Flora came home for the Christmas season, she discovered that her husband was having an affair with another woman. She found out that her husband's mistress had been living in their home. Her children were also very close to this other woman. This hurt Flora very much.

Flora asked her husband why this happened. He told her that after two years of being away, he felt that she didn't love him anymore. She seldom called or wrote to him.

Flora felt hurt because her husband cheated on her. How she wished that she never went to Hong Kong. Now, Flora is trying to win back her children, so she can take them away from her husband.

Answer the following questions.

1. What is Flora's problem?

2. How did Flora's problem start?

3. Who is most greatly affected by the situation in the story? Why?

4. Do you think Flora's problem has a solution? Why or why not?

Compare your answers with those in the *Answer Key* on page 34.

Let's See What You Have Learned

Study this situation. Then answer the questions that follow.



Martin joined a basketball club in his community. He was a very good basketball player. He played very well in the citywide basketball games. He wanted to be the “Most Valuable Player” for that season. However, it was his best friend who won the award. He got so mad that when they were alone, he hit his best friend. His best friend got mad and hit him back. This ended their friendship.

When Martin got home that day, he shouted at his brother and sister. They couldn't understand what made Martin mad at them.

Martin felt so bad because he realized how badly he had behaved. Thinking about what happened, he did not leave his room until the next day.

1. What was Martin's problem?

2. How did Martin's problem start?

3. Who were affected by the situation? Explain your answer.

4. What do you think had Martin thought about his problem? What did he realize in the end?

5. Do you think Martin's problem has a solution? If yes, write it down.

6. How should Martin look at his problem? What should he do?

Compare your answers with those in the *Answer Key* on pages 34–35.



Let's Remember

- ◆ A problem is something that is difficult to deal with or understand. It challenges the person to find a solution to the problem.
- ◆ A problem may affect a person physically, socially, or emotionally. It may also affect other people.
- ◆ The problems we encounter in life make us think about our actions. They also make us think about how to act in situations that are difficult to deal with.
- ◆ We should try to look at a problem in a positive way. Always bear in mind that every problem has a solution.

How Do We Solve Our Problems?

In Lesson 1, we learned how to look at problems we meet or encounter in life. It is important that we view problems as situations with possible solutions. Do you believe that all problems indeed have solutions? This lesson will help you understand how to deal with problems.

After studying this lesson, you should be able to:

- ◆ suggest possible solutions to a problem;
- ◆ choose and apply the best solution to a problem; and
- ◆ determine the effectiveness of a solution to a problem.



Let's Think About This

What do you feel when you have a problem?

How do you solve the problems you encounter?

In Lesson 1, we said that it is important to identify first our problem. We also said that it is good to think positively about our problems.

Though problems may affect our emotions, we should not feel afraid or hopeless. Fear and hopelessness often make things worse. Let us think positively.

Once we have identified our problem, it is important for us to be calm. This will enable us to think objectively. We will be able to analyze the cause/s of the problem and come up with some possible solution/s. Tension, on the other hand, will bring fear and anxiety when we are dealing with a problem.

How can we solve our problems effectively and efficiently? Read on to find out.



Let's Read

Marian is a 21-year-old saleslady in a big department store. She is the breadwinner of a family of four younger siblings and her parents. She works very hard to provide for their needs.



Marian has been very worried in the past month. She has missed her menstrual period, and she thinks that she might be pregnant.



One day, Marian could no longer think of what to do. Her anxiety started to affect her job. She couldn't deal with the customers in the mall. So, she decided to talk to Rina, her closest friend at work.

Rina, I need to talk to you about something.



What is it, Marian? You look very worried. Is it about work?

No, it's not, Rina. I know that you already have a child. I would just like to know if a woman who missed her period is possibly pregnant.



Not necessarily, Marian. Why? Do you think you're pregnant?

Marian started to cry.

Huh-huh... Huh-huh... I-I guess I am. My period is already a month delayed. I can't stop thinking about this. You know very well that my family depends on me. And Joey, my boyfriend, is still finishing his studies. I know he can't support this child. What am I going to do? Huh-huh... Huh-huh...



Wait a minute, Marian. Calm down. Let's talk about your problems one at a time.



Let's Try This

Answer the following questions.

1. What was Marian's problem?

2. How did Marian feel about her problem?

3. How did Rina prevent Marian from breaking down?

Compare your answers with those in the *Answer Key* on page 35.



Let's Think About This

In the story you have just read, was Marian calm when she approached Rina? Why or why not?

Marian was very tense about her situation when she approached Rina. She talked to Rina because she didn't know what to do anymore. Her problem was affecting her work in the mall. She was confused and was already crying hard, so Rina helped her calm down.

If you were Rina, how would you help Marian?

Let's see how Rina helped Marian with her problem. Continue reading the story.

After talking to Rina, Marian finally calmed down. Both of them agreed that they needed to find out if Marian was really pregnant. They decided to see a doctor the next day.



Rina accompanied Marian to a doctor. Her test result was negative. Marian felt so relieved with the result.



Do you think that Marian could have solved her problem alone? Why or why not?

If Marian had dealt with her problems alone, she would have felt lonely and helpless because she was already confused. It would have been difficult for her to think of a solution to her problem. She could have solved her problem, but she also could have made matters worse. Luckily, her confusion made her decide to seek Rina's help. If Marian had not approached Rina she might have done something harsh, like running away from her family or hurting herself. She might have had a nervous breakdown because of the hopelessness and confusion she was experiencing.

It was a right decision for Marian to talk to Rina. She was able to accept the fact that she couldn't solve the problem all by herself. It was clear that Marian was having a hard time when she approached Rina.

Rina helped Marian think clearly about her problem. We can say that Rina provided the much-needed support for Marian. She gave Marian the emotional support she needed when she was very much troubled.

When you find your problems difficult to solve, do you share them with your best friend or family members? Why or why not?

Show your answer to your Instructional Manager or Facilitator for comments.

Now, let us carefully analyze the solution to Marian's problem.

Marian's problem arose when she thought that she was pregnant because she missed her period. Her worries were about her family and her future baby. How could she support them?

Rina was able to help Marian think clearly about her situation. Through Rina's help, Marian was able to realize that first of all, she needed to find out if she really was pregnant. So, she and Rina went to a doctor. Marian's worries disappeared when the result of the pregnancy test came out negative. It turned out that she had been worrying over a "false alarm." But she wouldn't have found this out had she not seen a doctor.

Like Marian, we should look at the solutions to a problem one at a time. Each step is important and should be thought over carefully. We must be open-minded about all the solutions we can think of. However, we should also look into the possible consequences of these solutions.

What are the lessons you derived from the story? Discuss these with your Instructional Manager or Facilitator.



Let's Think About This

Let's say that the salary you receive from your company is below the minimum wage. Because of this, you encounter difficulties in supporting your family. You are hoping that you will be accepted in other companies that offer higher salaries. One day, a company calls you, saying they want to hire you. The salary it offers is twice your present salary. However, you will be assigned to a far province. Will you accept the offer because it pays more, or will you reject it because you will have to work away from your family?

You may be tempted to accept the offer because it will solve your financial problems. But then again, while the salary is attractive, you will be working away from your family. This might lead to another problem.

You need to think carefully of how your decision will affect you and your family. Maybe you can let go of this opportunity. You can apply for another job that will pay you more and will not require you to work away from your family. Or maybe you can accept the offer, and work out a plan such that you will be able to see your family from time to time.

What will you do if faced with this problem?

Discuss your answer with a friend or family member, or with your Instructional Manager or Facilitator.

Problems are a natural part of life. They may keep coming into our lives until the moment we die. However, each problem has a solution. We just need to find it.



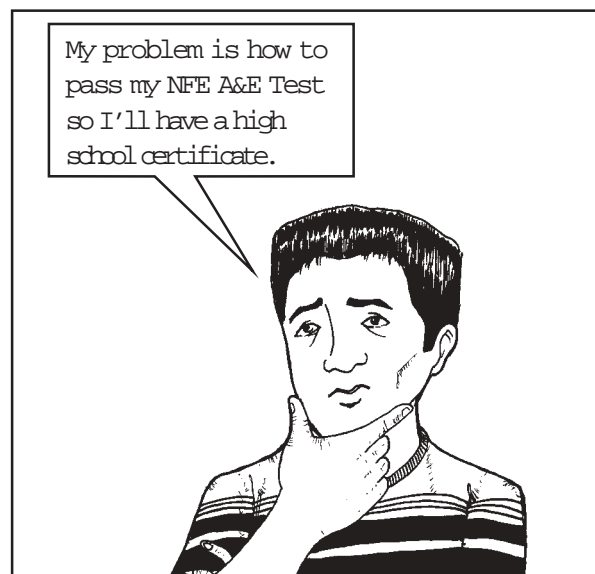
Let's Study and Analyze

How do we solve our problems?

Learn how you may solve your own problems. The guidelines or steps are discussed below. There are also questions that you should answer to better understand the topic. Write your answers in the blanks.

Identify the problem. Before we can think of solutions, we need to clearly identify what our problem is.

1. Do you have a problem right now? What is it?



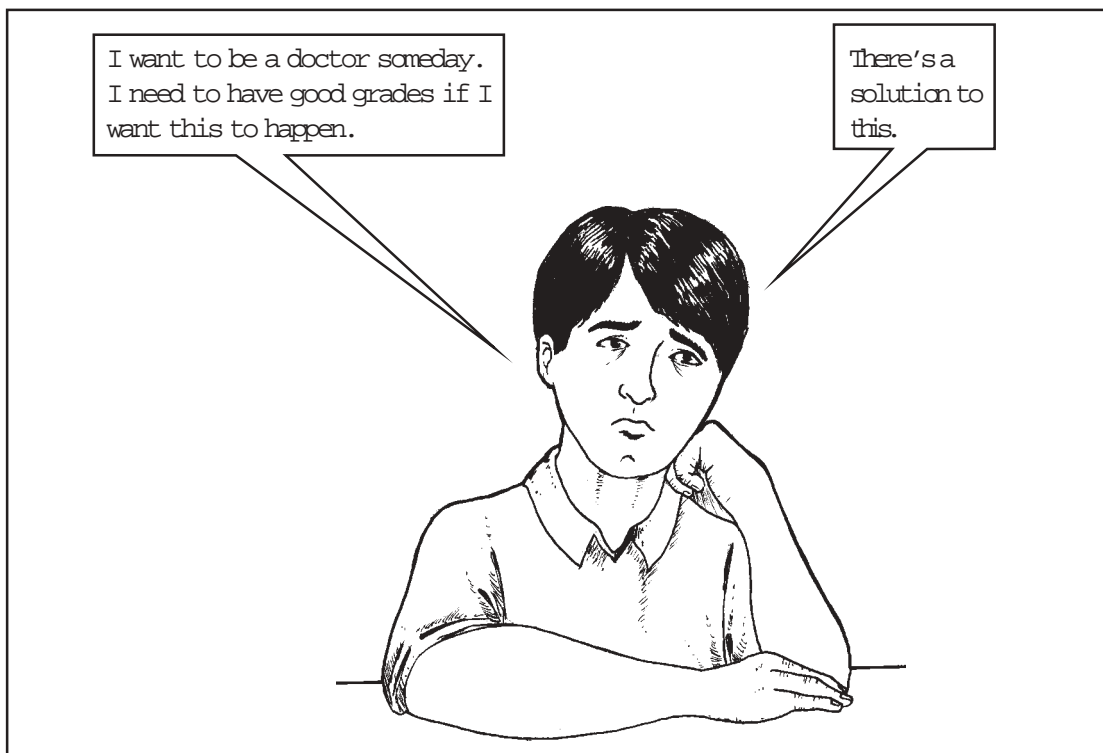
Focus on planning. After we have identified our problem, we need to think about it carefully. This helps us understand the problem better.

2. How did your problem start? When did it start?

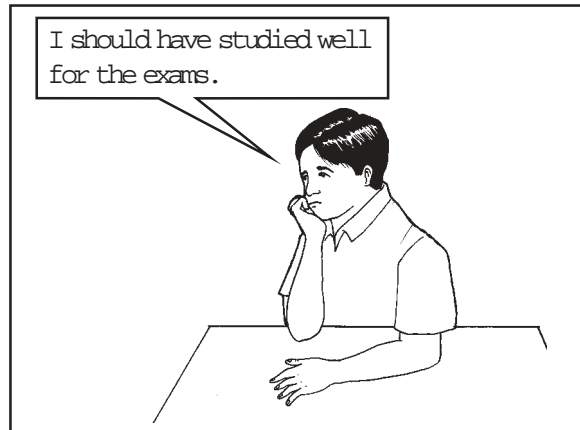
3. Who is/are affected by the problem? Is it only you or does it also involve the members of your family or some friends?

We then need to think of ways on how we can address the problem properly. We can think of different ways to solve our problem. Then, we have to think of the possible results of the solutions we have in mind. We should also determine what we really want to happen so we can solve our problem.

For example, Jose failed his periodical exams so his parents became strict about his study habits. They want to help Jose get high grades so that he will be accepted in a good university when he graduates from high school.

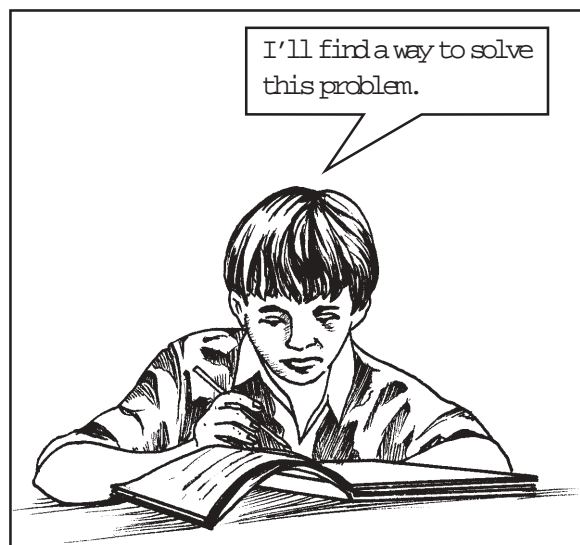


Avoid blaming others for what has happened to you. It is important that after we have identified our problem, we shouldn't blame other people for it. This is **our** problem. **We** should take responsibility for it. If we keep on blaming others for what has happened to us, we would find it difficult to find solutions.



4. Explain why you should not blame others in connection with the problem you have identified.

Gain control of your emotions and act quickly. We should set aside our emotions when we deal with our problems. We need to be calm and objective. For example, you may be mad or disappointed about the low grades you got. Gain control of those emotions and think positively. If you let yourself be taken over by your emotions, you may not be able to see things clearly. Then, you cannot act correctly and quickly in finding a solution to the problem.

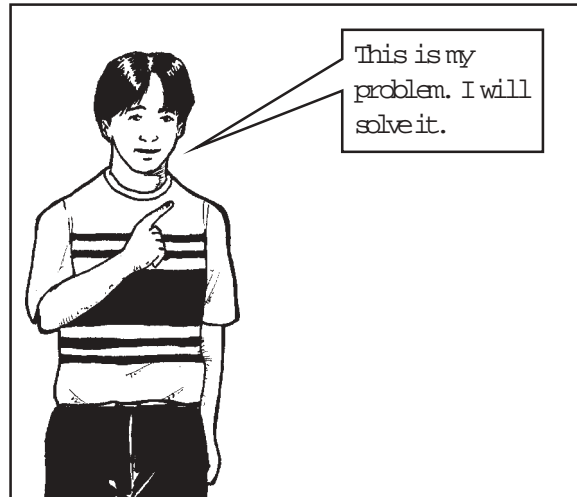


5. How did you feel when you had your problem? Why?

6. How will you be able to think clearly about the situation?

7. How can clear thinking help you solve your problem?

Take responsibility for the problem. It is important that when you meet a problem, you should take responsibility for it. Don't expect other people to solve your problem for you. Other people may be there to give you advice and support, but you have to deal with your problem yourself. Dealing with our problems will make us better persons because we learn from them.



8. How will dealing with your problem make you a better person?

Find out if the solution to the problem is effective. We may be able to think of many solutions to our problem. When we try out these solutions, we may find out that one solution is not as effective as another. What is important is that we don't lose hope in looking for the best solution to our problem. Each problem will always have a best solution. It is only a matter of finding it.

For example, Mike is a factory worker in Manila who has been renting an apartment together with his co-workers. One day, he was informed by the owner that there will be an increase in rent. He decided to look for another house that is cheaper. He found one, but it was very far from the factory where he works. He realized that it was better to rent a bed space in one of the houses near the factory. It would be cheaper.



9. What possible solutions do you have for your problem?

10. Which solution will you choose? Why?

Compare your answers with those in the *Answer Key* on pages 35–36.



Let's Think About This

Try to recall the story of Pilo in Lesson 1. Can you think of a solution to his problem? Continue Pilo's story by giving a possible solution to his problem. Write your story in the box provided below.

You may have thought of a solution to Pilo’s problem that may be similar to this:

Pilo went to see his wife and children. He apologized to his wife for his bad behavior. He told her the reason why he had been drinking in the past months. His wife suggested that they see a marriage counselor. This would help reestablish their relationship and prevent Pilo from hitting her again.

Pilo was open to his wife’s suggestion. Elsa even volunteered to help Pilo support the family by looking for work. Pilo and Elsa also agreed that he should start looking for another job. In case his company closed, at least he’d have another job.

Elsa and Pilo went ahead with their plans. They were able to restore their relationship. After seeking the help of a marriage counselor, they begun to communicate more openly. They don’t feel hesitant anymore to discuss their fears and problems. Their family has been reunited.

Another company hired Pilo. Because of his qualifications and experience in his previous company, he was given better pay.

What was your solution to Pilo’s problem? Was it similar to what the story above suggests? What is important is that his problem was solved.

We must remember that for every problem there is always a solution. Problems are a natural part of life. There are various ways of solving them. We just have to find the best solution to a problem. It is important to view problems positively and take them as challenges in life. Let us think that we can learn from problems as we solve them. They can make us better persons and they help us gain valuable experiences in life.



Let’s Talk About This

Based on the continuation of Pilo’s story given above, in what way had his problem helped him and his family?

Pilo had a problem which he tried to solve. In doing so, he was able to win back his wife and children. Their marriage became stronger. He was also able to find another job that was better than the one he had earlier. All these became possible because Pilo had a problem which he dealt with correctly. We can then say that having a problem can result to many good things if we solve it correctly.



Let's Remember

The things you need to do in order to solve a problem are:

- ◆ identify your problem;
- ◆ focus on planning the solution to the problem;
- ◆ avoid blaming others for what has happened to you;
- ◆ take responsibility for solving the problem; and
- ◆ find out if the solution to the problem is effective.



Let's See What You Have Learned

Answer the following questions.

1. Why is it important to think positively when you encounter a problem?

2. Is it important for you to gain control of your emotions when you deal with your problems? Why?

3. What should you do when the first solution you used to solve your problem did not work out? Why?

4. Is it important for us to seek help in dealing with problems that we cannot solve alone? Why?

Compare your answers with those in the *Answer Key* on page 37.



Let's Sum Up

Below are the important points you have studied in this module. Remember them so they can guide you when you are faced with a problem.

- ◆ A problem is something that is difficult to deal with or understand.
- ◆ A problem may:
 - affect you physically, socially or emotionally.
 - affect other people besides yourself.
 - make you think about your actions and the way you deal with problems.
- ◆ Always remember to:
 - look at a problem in a positive way. Always bear in mind that there is a solution to every problem.
 - gain control of your emotions when you deal with problems. When you are calm, you are able to think more clearly and objectively. Being tense may only make the problem worse. It may also make you feel unable to deal with the problem.
 - think positively when dealing with problems. It will help you think clearly of ways to solve your problem.
 - seek the help of people close to you if you find it difficult to solve a problem alone.
- ◆ Do these in order to solve your problems:
 - identify your problem;
 - focus on planning the solution to the problem;
 - avoid blaming others for what has happened to you;
 - take responsibility for solving the problem; and
 - find out if the solution to the problem is effective.



What Have You Learned?

Study the situation below. Then, answer the questions that follow.

You have been working in a clothing company as a secretary for two years. The salary you receive cannot support you if you take night classes to further develop your skills. Due to a budget cut-off in the company, you may not get the salary increase that you badly need.

1. What is your problem?

2. Why is it important for you to identify the real problem?

3. How should you handle this problem?

4. What possible solutions can you think of to solve this problem?

5. Which do you think is the best solution to your problem? Why?

6. How can solving your problem make you a better person?

Compare your answers with those in the *Answer Key* on pages 37–38.

If your score is:

5 – 6 Great! You have learned a lot in this module. You can now study the next one.

3 – 4 Good. You just need to review the part/s of the module which you did not understand very well.

0 – 2 Review the entire module to understand it fully. Don't worry. With just a little more patience, I'm sure that you can master the contents of this module. It's a problem you can solve, my friend!



Answer Key

A. Let's See What You Already Know (pages 2–3)

1. **Agree.** One problem may have different solutions. This is because there are different ways to look at a problem. So, we must choose the best solution to our problem. It is also important that we carefully study the effects of this solution to us and to other people.
2. **Agree.** A person who looks at a problem in a positive way is more likely to think of many solutions to his/her problem. He/she is able to think clearly and carefully in solving his/her problem.
3. **Agree.** Not all the solutions we think of can be effective. There is always a risk that a solution may not work. It is important that we don't lose hope in finding the right solution to our problem.
4. **Disagree.** There is a solution to every problem. And we must never give up when looking for this solution. Giving up doesn't solve the problem. It may worsen the problem or lead to bigger ones. We should face our problem for it is a natural part of life.
5. **Agree.** Problems make us think about what has happened in our life. We learn from the things we experience. These experiences make us stronger. For every problem solved, we gain some new knowledge.
6. **Agree.** Problems affect us based on how we view them. If we think and feel that we have a serious problem, we become serious in dealing with it. If we think that our problem can be ignored, then we may think that it is not important enough to deal with it.
7. **Disagree.** Careful planning is important in solving our problems. Just like any kind of activity, we must carefully think of solutions to our problems. It is better to have carefully thought of a solution before we put it into action.
8. **Agree.** Being open-minded will help us look at our problems objectively. An open mind enables us to look at a problem from different points of view. So, we are able to think of several solutions to our problems.

9. **Disagree.** A problem can make us think carefully about our actions. We can also learn from it. Problems will always be a natural part of life. They can make us stronger. Problems will make us realize our strengths and weaknesses. Once we have overcome our weaknesses through our efforts or with the help of other people, we become better persons.
10. **Agree.** It is important that we know what we really want to happen. When we encounter problems, we should carefully think of what we would want to happen. Do we want our problems to be resolved or not? We should look at what we want to achieve when solving problems. If we are sure of what we want to happen, we are able to direct time and effort to pushing through with the solution to our problem.

B. Lesson 1

Let's Read (pages 5–6)

1. Pilo's most immediate problem is how to bring back his wife and children.
2. Pilo's problem started when he began coming home late and drunk and with less pay. He had been doing this for three consecutive months.
3. The people involved in the problem are Pilo, Elsa and their children.

Let's Think About This (page 12)

Here are sample answers. Your answers may be different.

1. I recently had a problem on how to win back my parents' trust. We had a fight because I was cutting classes and they learned about it. I was greatly affected because I found it hard to talk to them. They then became very strict about my activities in school.
2. My parents were very hurt with what I did. They also found it hard talking to me and believing the things I told them. Even my brothers and sisters were affected because my parents also became strict with them. They felt that it was unfair to involve them in my problem.

Let's Study and Analyze (pages 13–14)

1. Flora's problem is how to win back her children from her husband who has a mistress. Her children are also close to her husband's mistress.
2. Flora's problem started when she came home for the Christmas season and she discovered that her husband had a mistress.
3. This is a sample answer. Your answer depends on your opinion. You may show your answer to your Instructional Manager for comments.

Flora and her children are the ones who are most greatly affected by the situation in the story. Flora is at a disadvantage since she leaves her children when she works in Hong Kong. The children are also affected because they are unable to know their mother well. They may be confused about the situation also.

4. This is a sample answer. Your answer depends on your opinion. You may show your answer to your Instructional Manager for comments.

Yes, Flora's problem has a solution. A problem, no matter how difficult, will always have a solution. If Flora's husband doesn't love her anymore, she can focus on her children. She can still work hard for their future. She may also want to discuss with her husband if she could get her children. He may just visit them on certain days. She needs to make her husband understand that she went to Hong Kong for their family's future.

Let's See What You Have Learned (pages 15–16)

1. Martin's problem was how to win back his best friend. Martin missed his best friend terribly and was sorry for having fought with him.
2. Martin's problem started when his friend won the "Most Valuable Player" award that Martin wanted for himself.
3. The persons directly affected by the situation were Martin and his best friend. They had a fight that ended their friendship.

Martin's siblings were also affected because he shouted at them in his anger.

4. He might have thought that he should not have been too emotional about losing the award to his best friend. If he had just accepted his best friend's winning the MVP award, he would not have fought with him. He may have also thought of how to win back his best friend.
5. Yes, Martin's problem has a solution. He should try to talk to his best friend and sincerely apologize to him.
6. Martin should look at his problem positively. He should believe that it has a solution. This will enable him to think of ways to solve his problem.

C. Lesson 2

Let's Try This (page 20)

1. Marian's problem was how to support both her family and baby if she was really pregnant.
2. Marian hadn't been taking her problems well. Her work was affected and she felt very tense and confused.
3. Rina prevented Marian from breaking down by making her focus on her problem. She told Marian to calm down. She also suggested that they see a doctor, which turned out to be the solution to Marian's problem.

Let's Study and Analyze (pages 23–27)

These are only sample answers. Your answers may be different.

1. The problem I have now is how to pay for my tuition because my family is experiencing financial troubles.
2. My problem started when my father told us that he would lose his job because the company he is working for is going to close. The owner can't maintain the company anymore because of the economic crisis.
3. My parents are deeply affected because they're afraid that I might decide to stop attending college just to help them. Even my younger sisters are affected because I haven't been talking to them lately. I have been so troubled with the situation that I don't have time to help them in school.

4. I think that this problem will help me become stronger in overcoming financial crises. It will help me become independent and more careful in handling money. It will also help me realize that I have responsibilities to do as the eldest child in the family. I will learn how to contribute more actively to improve the financial condition of the family.
5. When I first learned about the problem, I felt so helpless because I'm still young and I don't know what jobs I can apply for. I also felt helpless and confused because I was very dependent on my parents for financial support.
6. I will be able to think clearly about the situation by calming down and gaining control of my fears and worries.
7. Clear thinking will help me look at the problem more objectively. I will stop feeling confused. I will feel more determined to face my problem and not run away from it nor leave my parents to handle the situation alone.
8. Dealing with my problem will help me realize the importance of taking matters like this seriously, instead of just depending on my parents or other people for solutions.
9. One possible solution is to stop schooling and look for a job immediately. Another solution is to apply for a scholarship and look for a part-time job in the university. I can also ask for a loan from the loan board in our school to pay for my tuition.
10. I think I will apply for a scholarship since I have good grades in school. The university is very willing to assist students like me whose family cannot pay for their tuition and other college fees. Then, I'll look for a part-time job in the university. I can't stop schooling because it will break my parents' hearts. They have high hopes for me. I also can't apply for a loan because I will be worrying about how I can pay the loan board back.

Let's See What You Have Learned (page 29)

1. Thinking positively when we meet problems is important because it helps us feel calm and clear-headed when dealing with them. Problems affect our actions, emotions and thinking. If we feel negative about our problems, we lose hope in searching for solutions. So, we may feel more depressed and frustrated. If we think positively, we will be able to identify clearly our real problem and how it started. We will also be able to see clearly how we can solve the problem. We will also learn to appreciate what we can learn from our problem.
2. Yes, it is important to gain control of our emotions when we deal with our problems. It is normal that we feel sad and hopeless when we have problems. Sometimes this makes us feel helpless and confused. By gaining control of our emotions, we will be able to look at a problem more clearly and objectively. This will enable us to think of ways to solve the problem.
3. I will keep on looking for the right solution to my problem. Not all solutions may be effective for the problem. What is important is that I don't lose hope in solving my problem.
4. Yes, it is important to seek the help of other people when we deal with our problems. This is because there are problems that are too difficult to handle alone.

D. What Have You Learned? *(page 31)*

1. My problem is how to find the money I need for the night classes I plan to take.
2. It is important for me to identify the real problem because this will help me think of most effective solutions to it.
3. I should view the problem positively. I should always keep in mind that all problems have solutions. I only need to study the problem and my possible solutions to see which solution is the most effective.
4. These are sample solutions. Your solutions may be different.

One possible solution is for me to find another job that will enable me to pay for the night classes I plan to take. Another solution is for me to find an institution that offers scholarships for people like me who are interested in further developing my skills. I can also borrow

money from relatives. I can also enroll in government programs like the “Study Now, Pay Later” plan.

5. This is a sample answer. Your answer may be different.

I think the best solution to my problem is to apply for a scholarship. Finding another job would take some time. There are universities and colleges that encourage people who can't pay for their schooling to apply for scholarship programs. If I borrow money from relatives, I may have another problem of how to pay them back. The “Study Now, Pay Later” program may be a good solution to the problem, but I will still have to worry about the payment plan later.

6. Solving my problem will make me a better person because it will make me think about the way I deal with problems. It will also help me develop my creativity in working out ways to solve problems. Once I have solved the problem, I will come out as a better, stronger and smarter person. This will enable me to face other problems that may come my way in the future.



Glossary

Consequence Effect or result

Cutting classes Not attending classes

Difficulty Hardship; something not easily done, solved or accomplished

Effective Able to produce the expected effect or result

Nervous breakdown A severe emotional disorder

Open-minded Ready to consider new or different ideas

Positively Confidently; in a way that produces good results

Problem Something that is difficult to deal with or understand

Reflect on Think about; study or analyze

Solution A statement or idea that solves a problem



References

Barron, Frank. *Creative Person and Creative Process*. U.S.A.: Holt, Rinehart and Winston, Inc., 1969.

Reflective Problem Solving. <<http://www.vta.spcomm.uiuc.edu/PSG/psg12-ov.html>> February 8, 2001, date accessed.

Problem Solving Skills. <http://www.biology.iupui.edu/Biology_HTML_Docs/biocourse/K345/PBL_Web_Pages/Problems.html> January 22, 2001, date accessed.