



Straight Thinking

Ever wondered what to do when you can't think straight?



You have been going along just fine or just managing to hold things together, then it happens, something that you aren't able to deal with. It could be a crisis or something that has been there a long time.

The Straight Thinking Plan may help you cope with these situations and help keep you on track.

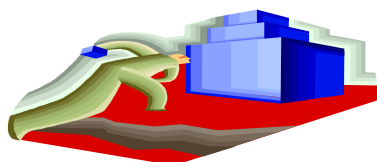
The first step in the “Try Another Way” © Straight Thinking Plan is “Don't Panic”.

Step two, sit down and think about what is happening at the moment. Write it down on your Plan. Putting things down on paper helps the brain begin to work out how to deal with the problem.

The next step is to think about “what is the problem?”. What is it that you are having difficulty dealing with? Once you have worked that out, you can start to think about how you may be able to make the problem smaller or even get rid of it.



There are many ways to deal with problems, some sensible and some not. “Try Another Way” © allows you to think of non sensible ways as well as sensible ones to deal with problems. Write down your ideas about how you can deal with the problem. Remember, you don't have to be sensible while doing this.



Now comes the hard part, finding another way. It's time to go look at what you have written in your Plan and think about a couple of ways that **could** help you deal with the problem. But, they have to be ones that you might be able to put into practice!



Trying a different way isn't easy, but doing nothing or keeping on doing what you have always done may not be the best way to go.

Thinking straight will only work if you take the time to practise. Start with something not too difficult, then try doing it with something harder.

There are often no solutions to life problems, but it is possible to try other ways to deal with them.

Use the Straight Thinking Plan to practice a different way to deal with a problem. Every time you come across a problem write it down in your diary and come up with a Straight Thinking Plan to deal with it.

Steps to Straight Thinking

1. Don't Panic
2. What is the problem?
3. Write down ways to deal with it (can be non-sensible)
4. What are the best two ideas that could work?
5. Try your best idea
6. If it doesn't work, try another way

Practice is the key to success



I can make it



My Story

Straight thinking - My way



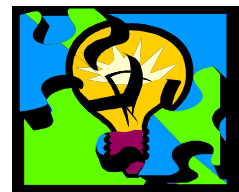
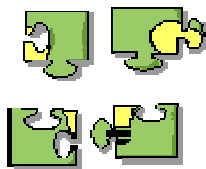
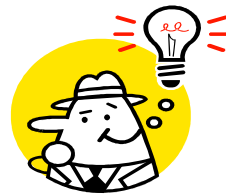
Justine has her own way of dealing with problems.

"If I am upset and depressed, or down or something, I sit down and I say now, okay is it because we had a fight this morning, or is it because I got a big bill coming up and I don't know how I am going to do something about it? Is it because there is other pressures, I go through, was it because the neighbours were drunk last night and they started fighting?"

So you just go through your checklist, then I look at everything and I think okay what can I do about it.

I have a big bill, I have got to pay it off. I don't know how I am going to do food. So, okay let's explore some options, we might go into dry food instead of frozen food or something which is a cheaper option, and quite nutritious, you know. By the time you have got your beans or rice and I think it encourages yourself, I might be having a tough time, say eh look I am getting through this and just feel good about getting through something. It is tough, but if you can do it tough, and you get through it, I think you have accomplished a great deal.

I think the person looking back in the mirror, she's the one, or he's the one whose going to get you through the day. There is nobody else around who is going to get you through, but the person looking back in the mirror. So if you look at the person in the mirror and you are happy with what you see, that's great. If you are not happy, get out and you know do something for yourself to cheer yourself up. Sometimes just a woman buying a lipstick, can do more than a tribe of doctors".



Straight Thinking Plan

1. Don't panic

2. What is happening at the moment?

3. Why am I having problems with this?

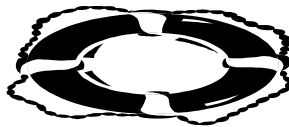
4. Write down some ideas that might reduce or fix the problem (can be non-sensible).

5. What are my best two ideas?

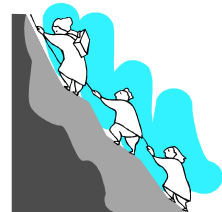
6. Which one will I try first?

“Try Another Way” © means doing *something* even when you feel like just sitting down and doing nothing.

**Remember: if it doesn't work, try another way.
Don't Give Up and Don't Panic**



Thinking straight may be your lifeline



“Try Another Way” © Program

Produced by Jan Parr as part of a self-managed trial for cessation of benzodiazepine use. The finding of this study will be published in Drug and Alcohol Review in 2011.