



## Caring Safely™ Module Three – Video Two

Tracking the positive, gratitude for change and problem solving

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## In this video

- Tools for Growth
  - Looking for the Positive
  - Gratitude for Change
  - Problem Solving Attitude

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## Tracking the Positive

When we are constantly exposed to pain and suffering as well as seeing all the harms that some humans can do to other humans, our world view can begin to shift over time.

We see the fear, the negativity, the cruelty. Eventually we see that more than the good, the positive and the hopeful.

We have to consciously look for the good. Not just the big events that are good, but the small daily events that are good.

*Use the Positive Events Weekly Tracking Sheet for consciously bringing more of the good into your world view.*

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## Gratitude for Change

- Gratitude linked to better health and psychological wellbeing
- Less depression and anxiety
- Enhances posttraumatic growth

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## A Problem Solving Attitude

Clinical Tool: The Problem Solving Model

- What is the Problem?
- What is the desired outcome?
- What can you do to meet these needs and solve the problem?
- Select a possible solution and try it out
- Check In and See if it is working

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## Review of Tools for Growth

- Tools for Growth
  - Looking for the Positive
  - Gratitude for Change
  - Problem Solving Attitude

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