



Using the **problem solving tool**

Define, analyze and manage your emotions to work towards a solution

Finding the **perfect solution**

Problem Solving

For those knotty issues (Sessions Completed: 0)

It helps you define your problem, analyze it objectively and manage your emotions to work towards a solution.

Let's go

- 🔍 Identifying the issue
- 💡 Exploring solutions
- 📋 Creating a plan
- 🚀 Taking one immediate step

So, tell me, what's a challenge you've been facing?

I'm unsure how to handle a recurring conflict

Recurring conflicts can be really tough! 😞 What do you think is at the heart of this conflict? What's been making it tricky to resolve?

I want to resolve the conflict while keeping the relationships intact. Different expectations and a fear of making things worse make it hard to know what to do

It sounds like you're really focused on preserving those relationships, which is so important! 😊 So, if I

understand correctly, the core issues are different expectations and a fear of worsening the situation. Does that sound about right?

Yes that is correct

Great! Now that we've identified those core issues, let's explore some possible solutions together. 😊 What ideas or strategies have you thought of so far for addressing these differences and fears? Feel free to think aloud!

I'm not sure can you help?

Absolutely! 😊 How about we start by considering some open communication techniques, like

sharing your feelings and expectations honestly? Or maybe finding a neutral ground where both sides feel heard? What do you think?

That sounds good

Awesome! 🌟 Open communication can lay a strong foundation. Let's celebrate that idea! 🎉 Now, which of these approaches feels most doable for you, considering everything going on?

Finding a neutral ground

Finding neutral ground is a fantastic choice! 🌈 It creates a safe space for both sides. What do you think could be some pros and cons of that approach? Let's explore it together!

Yes please

Pros include fostering understanding and reducing tension. Cons might be it feeling uncomfortable or taking time to agree on a neutral space. Do you think these reflect your feelings about it, or is there anything you'd add? 😊

Now that we've identified the pros and cons, let's think about what might get in the way of finding that neutral ground. What concerns do you have?

I'm not sure

That's okay! Sometimes it can be hard to pinpoint barriers. 😞 Maybe think about how the other person might react or how your own feelings might affect things. Anything come to mind?

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3. From the home screen, start a chat with Wysa and enter #campresolve to get started.