

Problem Solving Myths Exercise

List of common myths

1. No one else has difficulty coping with stress like I do (unless they are psychologically weak).
2. All of my problems are entirely caused by me.
3. It is best to avoid facing problems or making decisions. Most problems disappear on their own.
4. The first solution that comes to mind is the best. I should always follow my instincts.
5. There is a right and perfect solution to most problems. I just have to find it before I try to solve the problem.
6. Only someone who is experiencing the exact same problem as me can be helpful- no one else can understand.
7. People can't change, you can't teach an old dog new tricks! The way I am is the way I'll always be!

How to facilitate the exercise

Time: 30 - 45 minutes, depending on group size

Facilitation:

1. Have the group sit in a circle if in person.
2. Read the list of myths above out loud.
3. Ask the team to take turns discussing which one resonates with them and why. This is essentially asking them to share the myths that they sometimes believe.
4. Start things off by being the first person to share and paving the way for others to follow.
5. Nominate who you would like to go next.
6. If you are having trouble getting the team to open up try asking the following questions:
 - a. Which myth stands out to you and why?
 - b. Which myth do you find most challenging to understand and why?
 - c. Which myth is difficult for you to get your head around and why?
 - d. Which myths do you see being believed in your team and how can you counter this?
7. If the group is doing well you can then challenge them to use the ABCDE technique to dispute the myth (irrational belief) they chose.