

# Session 22 - Getting Back Up

## V. Activity

Identify a problem that has caused a slip-up previously or that you are concerned might occur. Plan at least three ways to solve the problem, then choose the best option for right now. Next, think of how to put that plan into practice daily.

### Participant Activity

What is the Problem?	What caused it?	Three Ways to solve the problem are:
		1. 2. 3.
		1. 2. 3.
		1. 2. 3.

