

# THE ULTIMATE SELF-HELPER

WHEN YOU FIND YOURSELF IN A TOUGH SITUATION, AND YOU FEEL YOU NEED SOME CHANGES:

- FIND A LIGHT, CLEAN, QUIET, AND COMFORTABLE PLACE;
- SIT DOWN AT A TABLE;
- TAKE OUT THIS SHEET OF PAPER AND A PEN;
- READ THIS: **WHAT DO I THINK IS THE MOST USEFUL QUESTION I CAN ASK MYSELF RIGHT NOW, AT ..... AM/PM, ON ..... (DATE)?**
- TAKE ENOUGH TIME TO THINK ABOUT THIS QUESTION, AND THEN;
- WRITE DOWN HERE THE QUESTION YOU THINK IS MOST USEFUL FOR YOU NOW
- .....
- .....
- .....
- .....
- GIVE YOURSELF ENOUGH TIME TO ANSWER THIS QUESTION;
- WRITE DOWN HERE THE ANSWER(S) THAT COME TO YOUR MIND:
- .....
- .....
- .....
- .....
- .....
- ACT UPON THE ABOVE ANSWER(S);
- IF NECESSARY, REPEAT THE SAME STEPS.

ALL YOUR PROBLEMS/DIFFICULTIES/TROUBLES/ETC. CAN BE HANDLED SUCCESSFULLY  
IN THIS SIMPLE AND USEFUL WAY...  
SO: GOOD LUCK!!!

YOURS SINCERELY,  
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