

Children surveyed on PIP Problems-Ideas-Plans

| What did you think about the PIP? | What was it like to come up with a problem and define it? | What was helpful? Difficult? | Why does it make sense to break down large problems into smaller portions? |
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| Really cool and helpful, and a good way to break down complex issues that seem hard to solve. | It would like dissecting my problem and pairing all the little problems with solutions. | It was helpful. I usually am not social and I do not like describing my problems but this was kind of like a diary! | Sometimes people can be so negative and not see that there is a way to come up with a solution to their problem |
| I think it was very helpful! It really helps you think about how to take control of problems | It was weird because I don't really think my problems out like this. | It was difficult at first thinking about the problem which for me is sad, but in the end it helped me cope. | Problems are circumstances that blocks our way and prevent us from stepping forward, PIP make sense because it gets rid of the blockage around our way. |
| It helps me calm down without stressing out by taking it step by step | made me felt more in control | It was difficult, but relieving. | To identify what the real problem is and the best way to solve it. |
| I liked it, it helped me decide on a situation | felt good to solve things out on my own | helpful very, solved my own real life problem | It was calming to break it down like that, instead of bottling it up. |
| easy way to break stuff down and help u concentrate | at first i was confused but then i thought "wow this is actually helping!". | the feeling of fixing it was awesome! it really was helpful!! picking ideas i wrote felt real good. | It helps lighten the load of what you are actually experiencing. |
| I think it helped me with finding a place to start with all my questions and how I can solve them on my own. | It's like, I feel smart. Like if I can figure out what my problem is, I can deal with it or solve it. | It was rather tough thinking of a problem's definition, usually I just avoid thinking about a problem altogether. | It gives you a better chance of slowing down and breathing so that you can solve the problem by easier means rather than stressing about the whole thing at once. |
| I think the PIP is an amazing way to help people on the internet! It definitely helped me with my friend problems! | Its was like letting all the stuff building up in you and than pip lets it all out | PIP is actually helpful because I don't have anyone to talk to in real life so this is a good escape. | Instead of having this giant mass of a problem weighing down on you, you can pick it apart and set things aside to deal with later, which allows you to focus on how to solve the problem better. |