

Overview of Problem Solving Skills and Steps

Skill 1: Stop and Think

- Step 1: Pay attention to your warning signs
 - Physical reactions
 - Risk thoughts
 - Risk feelings
- Step 2: Think: Reduce your risk
 - Be quiet
 - Get space
 - Calm down

Skill 2: State the Problem

- Step 1: Identify a warning sign
- Step 2: Describe the situation objectively
- Step 3: Identify a risk reaction

Skill 3: Set a Goal and Gather Information

- Step 1: Identify a positive and realistic goal
- Step 2: Gather information
 - Facts
 - The other person's thoughts and feelings

Skill 4: Think of Choices and Consequences

- Step 1: Brainstorm choices
- Step 2: Think about consequences
- Step 3: Pick a choice to get to your goal

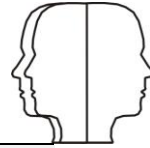
Skill 5: Make a Plan

- Step 1: Identify who, where and when
- Step 2: Choose key social skills that can help you
- Step 3: Identify what you will do or say
- Step 4: Identify how you will do and say it
- Step 5: Decide on a thought to get you started

Skill 6: Do and Evaluate

- Step 1: Do it
- Step 2: Ask questions
- Step 3: Decide what to do next

Homework Sheet: Lesson 16



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- Watch for situations where you have some type of conflict with another person. This should be a situation where something happens that you do not like, a situation where you could use problem solving skills.
 - Describe the situation and identify your warning signs: physical reactions, risk thoughts and risk feelings.

