• What kinds of new learning or observations do you have?

• What are some of your thoughts or feelings?

Problem Solving Skills & Steps – Bender

Skill 1: Stop and Think	Skill 4: Think of Choices and	
Physical Reaction	Consequences	
Risk thought	$ \begin{array}{c c} \underline{Choices} & \underline{Cnsqncs} \\ 1. \\ 0 \\ \end{array} $	
Risk feeling	2. 3. 4. 5. 6. 7. 8. 9. 10.	
Skill 2: State the Problem	Skill 5: Make a Plan	
I because	A key social skill?	
My risk reaction is		
	What to do or say?	
Skill 3: Set a Goal and Gather	How to do or say it?	
	Decide on a thought:	
Goal: I want, but I		
don't want	Skill 6: Do and Evaluate	
	Do it.	
Gather Information:		
Facts:	Closer to goal?	
Other person's thoughts and feelings:	What's next?	

a. What should Bender do with his body?

b. What should he do with his eyes?

c. What should he do with his hands?

d. If he says something, how should he say it?

Skill 1: Stop and Think

- Step 1: Pay attention to your warning signs
 - o Physical reactions
 - Risk thoughts
 - o 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
 - o 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



- 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.

Nan	ne:	Date:	
Situa	ation:		
War	ning Signs:		
I.	Physical Reactions		
II.	Risk Thoughts		
III.	Risk Feelings		