

Problem Solving Skill I: 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



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**Step 2: Think -
Reduce your risk**

1. Be quiet

Do I keep quiet? - *Circle your best answer*

Yes or No

How easy is it to keep quiet? - *Circle your best answer*

Easy Between easy and difficult Difficult

2. Get some space

What do I think or visualize to get space?

What actions do I take to get space?

3. Calm down

What do I think to calm down?

What actions do I take to calm down?

Step 2: Think -
Reduce your risk

1. Be quiet

Do I keep quiet? - *Circle your best answer*

Yes or No

How easy is it to keep quiet? - *Circle your best answer*

Easy Between easy and difficult Difficult

2. Get some space

What do I think or visualize to get some space?

What actions do I take to get some space?

3. Calm down

What new thinking do I use to calm down?

What actions do I take to calm down?

Woman's Problem Situation Script

This is a conversation that takes place on the phone. The problem solver is the woman. She is at work and needs a ride home from her boyfriend. This is a “time to think” problem.

Female (F): *Hey, Juan. I'm going to need a ride home from work tonight at about midnight. And I want you to pick me up.*

Male (M): *Sorry, I am going to a party tonight with some friends. I'll be way on the other side of town.*

F: *Well, who are you going with? Aren't I more important than some boring party?*

M: *Can't. I have other plans.*

F (Begins to get angry): *Well who are these plans with?*

M (Angry): *Get off my back. I said I'm busy.*

F (Begins to think out loud): *This makes me really angry. I've been so good to him and helped him through a lot. Why is he doing this to me? He can't get away with this.*

F (Still thinking out loud): *My heart is pounding. I can't stand this. What if he has another woman? I need to stop talking so I don't make things worse. Just wait a minute, let me stop talking, take a deep breath and get off the phone so I can think about what I want to do.*

F (Says into the phone): *Hey Listen, I have another break in about an hour, and I'll call you back then. But I really need a ride.*

