

## Reaction to Roster

I (think or feel) \_\_\_\_\_ because

\_\_\_\_\_

and my risk reaction is \_\_\_\_\_.

## Father's Reaction

I (think or feel) \_\_\_\_\_ because

\_\_\_\_\_

and my risk reaction is \_\_\_\_\_.

## Skill 1: Stop and Think

### Step 1: Stop

Physical Reactions:

Risk Thoughts:

Risk Feelings:

### Step 2: Think

Be quiet:

Get space:

Calm down:

## Skill 2: State the Problem

I (think/feel) \_\_\_\_\_ because

\_\_\_\_\_.

and my risk reaction is \_\_\_\_\_.



**Problem Solving Skill 2:  
State the Problem**

Risk feelings are lessening.

Thinking skills are kicking in.

Risk feelings: 50 degrees

Thinking skills: 50 degrees



**Step 1:** Identify a warning sign.

What are my physical reactions?

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What are my risk thoughts?

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What are my risk feelings?

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**Step 2:** Describe what happened, objectively.

What are the facts? Who was involved and what was said or done?

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**Step 3:** Describe your risk reaction.

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**Put it together in a problem statement starting with "I."**

I (think or feel) \_\_\_\_\_  
because \_\_\_\_\_  
and my risk reaction is \_\_\_\_\_



**Problem Solving Skill 2:  
State the Problem**

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

- Put it together in a statement beginning with "I":

I think/feel \_\_\_\_\_ because  
\_\_\_\_\_, and my risk reaction is  
\_\_\_\_\_

**Problem Solving Skill 2:  
State the Problem**

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

- Put it together in a statement beginning with "I":

I think/feel \_\_\_\_\_ because  
\_\_\_\_\_, and my risk reaction is  
\_\_\_\_\_

**Problem Solving Skill 2:  
State the Problem**

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

- Put it together in a statement beginning with "I":

I think/feel \_\_\_\_\_ because  
\_\_\_\_\_, and my risk reaction is  
\_\_\_\_\_

**Problem Solving Skill 2:  
State the Problem**

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

- Put it together in a statement beginning with "I":

I think/feel \_\_\_\_\_ because  
\_\_\_\_\_, and my risk reaction is  
\_\_\_\_\_







**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?

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What actions do I take to get some space?

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**3. Calm down**

What new thinking do I use to calm down?

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What actions do I take to calm down?

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**Problem Solving Skill 2:  
State the Problem**

Risk feelings are lessening.  
Risk feelings thermometer at 50 degrees.



Thinking skills are kicking in.  
Thinking skills thermometer at 50 degrees.



**Step 1:** Identify a warning sign.

What are my physical reactions?  
\_\_\_\_\_

What are my risk thoughts?  
\_\_\_\_\_

What are my risk feelings?  
\_\_\_\_\_

**Step 2:** Describe what happened, objectively.

What are the facts? Who was involved and what was said or done?  
\_\_\_\_\_  
\_\_\_\_\_

**Step 3:** Describe your risk reaction.

\_\_\_\_\_  
\_\_\_\_\_

**Put it together in a problem statement starting with "I."**

I (think or feel) \_\_\_\_\_  
because \_\_\_\_\_  
and my risk reaction is \_\_\_\_\_



## Modeling Display - Shewan and Ms. Shells

Shewan is starting her second week in a new job. She likes to work alone and does not make friends easily. She does not trust other people and would rather do her own work. She comes back from lunch and her boss, Ms. Shells, calls her into her office and accuses her of stealing. In problem situations Shewan often feels depressed and picked on.

Ms. Shells (on the phone to Shewan at her desk): *Shewan, I need to talk to you right away, please come into my office.*

Shewan comes into Ms. Shells' office.

Ms. Shells (walks in front of Shewan and sits on the corner of her desk): *Sit down, Shewan.*

Shewan sits down.

Ms. Shells: *Shewan, you have been working in the front office area for the last two days, is that right?*

Shewan: *That's right.*

Ms. Shells: *Mr. Brooks has been in and out of the office for the last two days. Today at noon today he discovered that all of the petty cash that he keeps in his desk is missing. He had about \$50 in his drawer. What do you know about this?*

Shewan (defiantly): *I don't know anything about it.*

Ms. Shells: *Mr. Brooks says that he saw you standing by his desk a number of times when he walked in the room. What were you doing standing by his desk?*

Shewan (loudly): *I was just doing my work.*

Ms. Shells: *There has hardly been anyone else in the office Did you see anyone go into Mr. Brooks' desk?*

Shewan: *No*

Ms. Shells: *Shewan, this is a serious matter. Both Mr. Brooks and I suspect that you know how the money that's missing. What can you tell me?*

Shewan (leaning forward): *I don't know anything about the money that is missing.*

Ms. Shells: *Shewan, I don't believe you. This is a serious matter.*

Shewan: *I can see it is serious, but I don't know anything about the money that was taken from Mr. Brooks' desk.*

Ms. Shells (raising her voice): *Lying isn't going to help.*

Shewan (standing up): *Why do you think I am lying?*

Ms. Shells (raising her voice and leaning over toward Shewan): *I mean to get to the bottom of this. I need employees I can trust.*

Shewan: (stares and says nothing)

Shewan (Points to her head and begins to think aloud): *I feel scared. She thinks I stole the money. Nothing I say will do any good. She just wants to get rid of me. Here goes another job. My heart is pounding. My mouth is dry.*

Shewan (Continuing to think out loud): *I need to be quiet, sit down and take a deep breath. I really don't want to lose this job.*

Shewan (Still thinking out loud): *I'm angry because Ms. Shells is accusing me of lying to her. My risk reaction is to quit.*

## Modeling Display - Sherry and Ms. Porter

Until recently, Sherry has been a good student, but Ms. Porter has observed that Sherry is starting to spend time with new friends who are known trouble makers, and her math grades have been slipping. After Ms. Porter hands back a recent test, she asks Sherry to come see her after school.

Ms. Porter is working at her desk. Sherry enters and approaches.

Sherry: (A little tentative, but not nervous) *Hey, Ms. Porter.*

Ms. Porter: (Neutral) *Hello, Sherry. Sit down, please.*

Sherry: (As she sits) *Am I in trouble?*

Ms. Porter: (As if encouraging Sherry to “confess.”) *I was surprised to see that you scored 95% on Friday’s math test. You haven’t been handing in homework, and you got a D on the last test.*

Sherry: (Trying to joke) *Well, then it’s a good thing I did better, right?*

Ms. Porter: (Trying to push her into admitting it) *I noticed you seemed very friendly to Paul when the class started, and then you sat next to him during the test.*

Sherry: (Confused) *Yeah, so?*

Ms. Porter: (Shaming her) *Come on, Sherry, you and I both know Paul gets the best grades in the class.*

Sherry: (Alarmed) *So what are you trying to say, Ms. Porter?*

Ms. Porter: (With slightly raised voice) *I think you cheated on the test, Sherry. I think you either looked on Paul’s paper or you cheated some other way.*

Sherry: (With a slightly raised voice) *Wait! You’re mad that I got a good grade, and now you want to take it away from me?*

Ms. Porter: (More raised voice) *Don’t talk to me that way. You know you cheated and you should admit it.*

Sherry: (Stands up, defensive) *I didn't cheat. Don't get mad at me because you gave us an easy test. I'm good in math when I want to be.*

Ms. Porter: (Attacking) *And suddenly you "decided" you wanted to be good at math again? I don't buy it.*

Sherry: (Confrontational) *What is your problem?*

Ms. Porter: (Taking charge) *Do not talk to me that way. This is a serious matter.*

Sherry: (Angry) *You think I cheated, but I didn't. This is so unfair.*

Ms. Porter: (Final decision made) *I am going to contact your parents. You can go now.*

Ms. Porter returns to her desk and resumes work.

Sherry starts to turn to walk out the door and then stops.

Sherry: (Fingers to her head and "thinking aloud") *My heart is pounding, I feel tight all over. She thinks she can jerk me around and threaten me. I am angry and frustrated.* (She takes deep breath.)

Sherry: (Continuing to think out loud) *I am not going to say anything else and just be quiet. I am going to look past her and see the face of... (deciding)... my baby brother when he's laughing, and walk slowly out of the room.*

She walks out the door and we now see her stop and think in the hallway.

Sherry: (Still thinking aloud) *Okay, I can figure this out....* (She takes another deep breath.) *I feel angry because Ms. Porter said she thinks I cheated on the test, and my risk reaction is to get my friends and do something to her car.*