

**Skill 3: Set a Goal and Gather Information**  
**Shewan/Sherry**

**Step 1: Set a Goal**

I want \_\_\_\_\_

*or*

I want \_\_\_\_\_,

but I don't want \_\_\_\_\_

**Step 2: Gather Information**

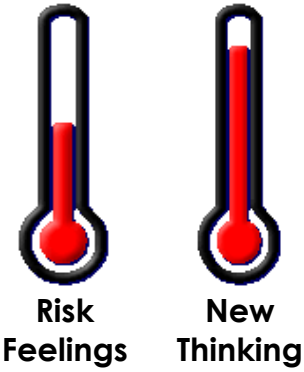
Facts:

Other Person's Thoughts and Feelings:

Thoughts:

Feelings:





## Using Skill 3: Set a Goal and Gather Information

**State the problem:** I (think/feel) \_\_\_\_\_  
because \_\_\_\_\_, and  
my risk reaction is \_\_\_\_\_

**Step 1:** Identify a positive and realistic goal?

I want \_\_\_\_\_

**-or-**

I want \_\_\_\_\_,  
but I don't want \_\_\_\_\_

**Step 2:** Gather Information

What are the facts?

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What do I think the other person is thinking?

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What do I think the other person is feeling?

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**Problem Solving 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

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# Homework Sheet: Lesson 19

Name: \_\_\_\_\_ Date: \_\_\_\_\_



Choose a real life, “time to think” problem that you anticipate facing, or that you are currently facing. Use this homework sheet to do the first three problem solving skills on this problem. Write all of the steps on this homework sheet. You will work on this problem for the remainder of the problem solving lessons.

## Problem Solving Skill 1: Stop and Think

Provide a general description of the situation:

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*Circle the type of problem :*

“Time to think”  
“In my face”

**Step 1: Stop!**  
Pay attention to my warning signs

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:** 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 \_\_\_\_\_

**Problem Solving Skill 3:  
Set a Goal and Gather Information**

Risk Feelings thermometer is way down.



Risk Feelings

Thinking Skills thermometer is way up.



Thinking Skills

**Step 1:** Identify a positive and realistic goal?

I want \_\_\_\_\_

**-or-**

I want \_\_\_\_\_,  
but I don't want \_\_\_\_\_

**Step 2:** Gather Information

What are the facts?

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

What do I think the other person is thinking?

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

What do I think the other person is feeling?

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