

**Problem Solving Skill 6:  
Do and Evaluate**

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

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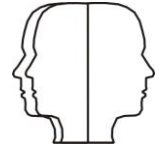
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## Homework Sheet: Lesson 23



- Between now and the next session, identify 2 problem situations that you (and your fellow group members) often face or are facing.
- Complete a thinking report on each of the problem situations.
  1. Write a brief, factual description of the problem situation.
  2. Write down as many thoughts as you can remember having.
  3. Write down all the feelings you remember having at the time.
  4. List one or two attitudes or beliefs that underlie your thinking in this situation.
- Then circle the thoughts, feelings, and attitudes or beliefs that contain risk for you.

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

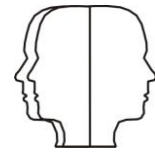


## Thinking Report

<b>Situation:</b> _____ _____ _____
<b>Thoughts:</b> 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ 8. _____ 9. _____ 10. _____
<b>Feelings:</b> _____ _____
<b>Attitudes and Beliefs:</b> _____ _____

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



## Thinking Report

<b>Situation:</b> _____ _____ _____
<b>Thoughts:</b> 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ 8. _____ 9. _____ 10. _____
<b>Feelings:</b> _____ _____
<b>Attitudes and Beliefs:</b> _____ _____

