

Homework Sheet: Problem Solving Aftercare



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- Between now and next session identify a situation that caused you some type of problem.
 - It can be a minor problem like having to wait in line when you don't want to or a major problem that could result in a fight.
 - Identify what you did in that situation that helped you not make the problem worse.

1. What warning signs let you know you were having a problem? _____

2. What is your problem statement? _____

3. What thinking, actions, and social skills did you use to keep the problem from getting worse? _____
