

Problem Solving Skills 1, 2, and 3 – Observation Form

Skill 1: Stop and Think

Step 1: What were his/her physical reactions?

Stop – Pay
attention to
your warning
signs

Risk thoughts?

Risk feelings?

Step 2:

Be quiet

Think –
Reduce your
risk

Did he/she keep quiet before responding?

Get some space

What did he/she do with his/her body to get space?

What thoughts helped him/her get some space?

Calm down

What did he/she do to calm down?
