

Problem Solving Skill 3: Set a Goal and Gather Information

Step 1: What was his/her goal?
Identify a positive and realistic goal

I want _____
-or-
I want _____,
but I don't want _____.

Step 2: Gather Information (Facts and The Other Person's Thoughts and Feelings)

Facts
What were the facts of the situation?

The Other Person's Thoughts and Feelings
What do you think the other person in the problem situation was thinking?

How do you think the other person in the problem situation was feeling?



Thinking for a Change

Lesson 21 –

Problem Solving:
Skill 4 – Think of
Choices and Consequences

Problem Solving Skills

- **Skill 1 – Stop and Think**
- **Skill 2 – State the Problem**
- **Skill 3 – Set a Goal and Gather Information**



Problem Solving – Skill 4: Choices and Consequences

- **Uses important thinking skills such as brainstorming and imagining the consequences of your actions**



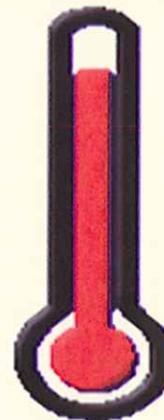
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Problem Solving – Skill 4: Choices and Consequences

Risk feelings are cooling down



Thinking skills are heating up



4

Problem Solving – Skill 4: Choices and Consequences

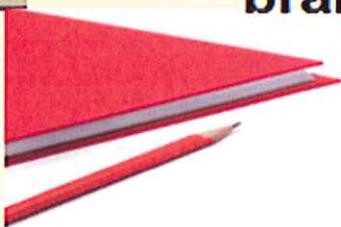
- **Step 1: Brainstorm choices**
- **Step 2: Think about the consequences**
- **Step 3: Pick a choice to get to your goal**



5

Homework

- **Practice skill 4 with the problem you worked on in lesson 20**
- **Be sure you list at least 8 different things you can do**
- **Find someone you trust to help you brainstorm your choices and consider consequences**



6

**Problem Solving Skill 4:
Think of Choices and Consequences**

- Step 1: Brainstorm choices
- Step 2: Think about consequences
- Step 3: Pick a choice to get you to your goal

**Problem Solving Skill 4:
Think of Choices and Consequences**

- Step 1: Brainstorm choices
- Step 2: Think about consequences
- Step 3: Pick a choice to get you to your goal

**Problem Solving Skill 4:
Think of Choices and Consequences**

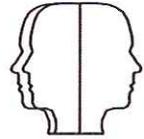
- Step 1: Brainstorm choices
- Step 2: Think about consequences
- Step 3: Pick a choice to get you to your goal

**Problem Solving Skill 4:
Think of Choices and Consequences**

- Step 1: Brainstorm choices
- Step 2: Think about consequences
- Step 3: Pick a choice to get you to your goal

Homework Sheet: Lesson 21

Name: _____ Date: _____



Apply problem solving skill 4: **Think of choices and consequences** to the problem situation you worked on in lesson 20. Be sure to list at least eight choices for what you can do. Brainstorm choices and consequences with someone you trust, to get another perspective.

<u>Step 1: Choices</u>	Step 2: Consequences (+/-)	
	Me	Others
1)		
2)		
3)		
4)		
5)		
6)		
7)		
8)		
9)		
10)		
<u>Step 3: Pick a choice to get to your goal:</u>		



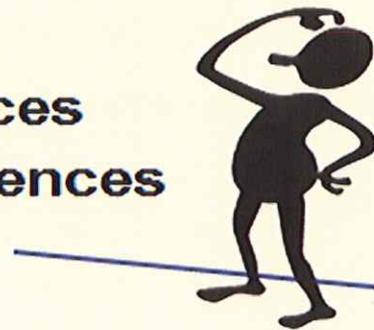
Thinking for a Change

Lesson 22 –

Problem Solving: Skill 5 – Make a Plan

Problem Solving Skills

- Skill 1 – Stop and Think
- Skill 2 – State the Problem
- Skill 3 – Set a Goal and Gather Information
- Skill 4 – Think of Choices and Consequences



Problem Solving – Skill 5: Make a Plan

Risk feelings are under
control



Thinking skills heat up
even more



3

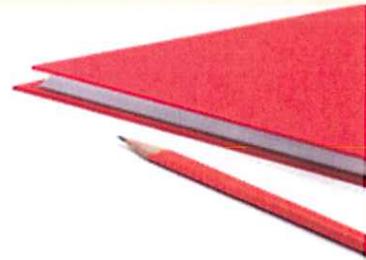
Problem Solving – Skill 5: Make a Plan

- **Step 1: Identify who, where and when**
- **Step 2: Choose key social skills that can help you**
- **Step 3: Identify what you will do/say**
- **Step 4: Identify how you will do/say it**
- **Step 5: Decide on a thought to get you started**

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Homework

- Write a plan for the problem situation you have been using for homework
- Use the choice from skill 4, step 3 that you finalized today during homework review



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**Problem Solving Skill 5:
Make a Plan**

- Step 1: Identify who, where, and when
- Step 2: Choose key social skills that can help you
- Step 3: Identify what you will do or say
- Step 4: Identify how you will do and say it
- Step 5: Decide on a thought to get you started

**Problem Solving Skill 5:
Make a Plan**

- Step 1: Identify who, where, and when
- Step 2: Choose key social skills that can help you
- Step 3: Identify what you will do or say
- Step 4: Identify how you will do and say it
- Step 5: Decide on a thought to get you started

**Problem Solving Skill 5:
Make a Plan**

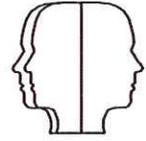
- Step 1: Identify who, where, and when
- Step 2: Choose key social skills that can help you
- Step 3: Identify what you will do or say
- Step 4: Identify how you will do and say it
- Step 5: Decide on a thought to get you started

**Problem Solving Skill 5:
Make a Plan**

- Step 1: Identify who, where, and when
- Step 2: Choose key social skills that can help you
- Step 3: Identify what you will do or say
- Step 4: Identify how you will do and say it
- Step 5: Decide on a thought to get you started

Homework Sheet: Lesson 22

Name: _____ Date: _____



Apply problem solving skill 5: **Make a plan** to the problem situation you've been working on. Use the choice you decided on in lesson 21. Remember your goal.

My problem statement: I think/feel _____
because _____ and
my risk reaction is _____.

My goal is:

My choice is:

Problem Solving Skill 5: Make a Plan

Step 1:

Identify who,
where and
when

Who?

Where?

When?

(Continued on Next Page)

Step 2:

Choose key
social skills
that can help
you

Step 3:

Identify what
you will do or
say

Step 4:

Identify how
you will do or
say it

Step 5:

Decide on a
thought to get
you started



Thinking for a Change

Lesson 23 –

Problem Solving: Skill 6 – Do and Evaluate

Problem Solving – Skill 5: Make a Plan

- **Step 1: Identify who, where and when**
- **Step 2: Choose key social skills that can help you**
- **Step 3: Identify what you will do/say**
- **Step 4: Identify how you will do/say it**
- **Step 5: Decide on a thought to get started**

Problem Solving – Skill 6: Do and Evaluate

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



3

Step 1 – Do it

- **Use your plan to take action**



4

Step 2 – Ask Questions

Am I closer
to my goal?

What parts of
my plan worked
best?
For me?
For others?



5

Am I Closer to My Goal?



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