

Step 3 – Decide what to do next

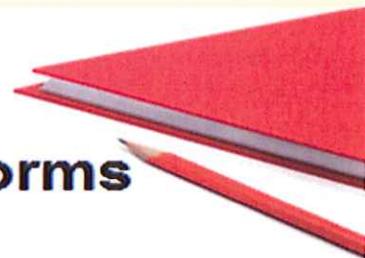
- Use answers from evaluation questions in Step 2 to decide what to do next



7

Homework

- Identify 2 problem situations
- Then identify risk thoughts, risk feelings, and risk attitudes and beliefs for each problem situation
- Use thinking report forms



8

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

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

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

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

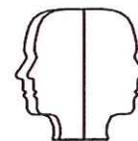
**Problem Solving Skill 6:
Do and Evaluate**

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

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

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

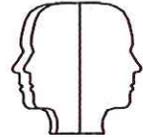
Homework Sheet: Lesson 23



- 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.

(Continued on Next Page)

Name: _____ Date: _____

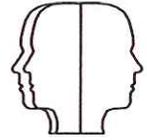


Thinking Report

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

(Continued on Next Page)

Name: _____ Date: _____



Thinking Report

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



Thinking for a Change

Lesson 24 –

Problem Solving: Application

Homework Review

- Identify two problem situations
- Then identify your risk thoughts, feelings, and attitudes and beliefs



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
- Skill 5 – Make a Plan
- Skill 6 – Do and Evaluate



3

Problem Solving – Skill 1: Stop and Think

Step 1: **Stop!**

Pay attention to your warning signs

Step 2: **Think!**

Reduce your risk



4

Problem Solving – Skill 2: State the Problem

Step 1: Identify a warning sign

**Step 2: Describe what happened
objectively**

Step 3: Identify a risk reaction



5

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

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

■ **Step 2: Identify what
you know about the situation**



6

Problem Solving – Skill 4: Think of Choices and Consequences

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



7

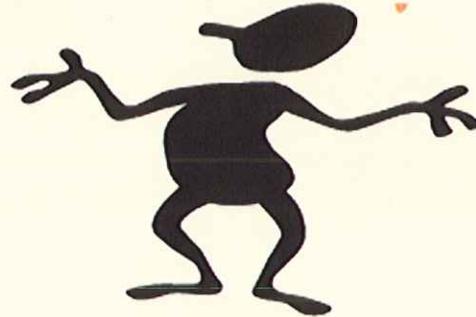
Problem Solving – Skill 5: Make a Plan

- **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 that will
help you get started**

8

Problem Solving – Skill 6: Do and Evaluate

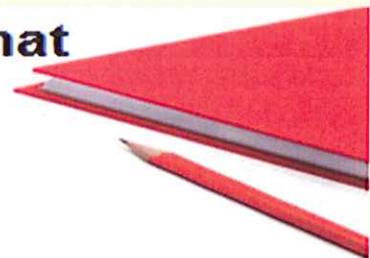
- **Step 1: Do it**
- **Step 2: Ask questions**
- **Step 3: Decide what to do next**



9

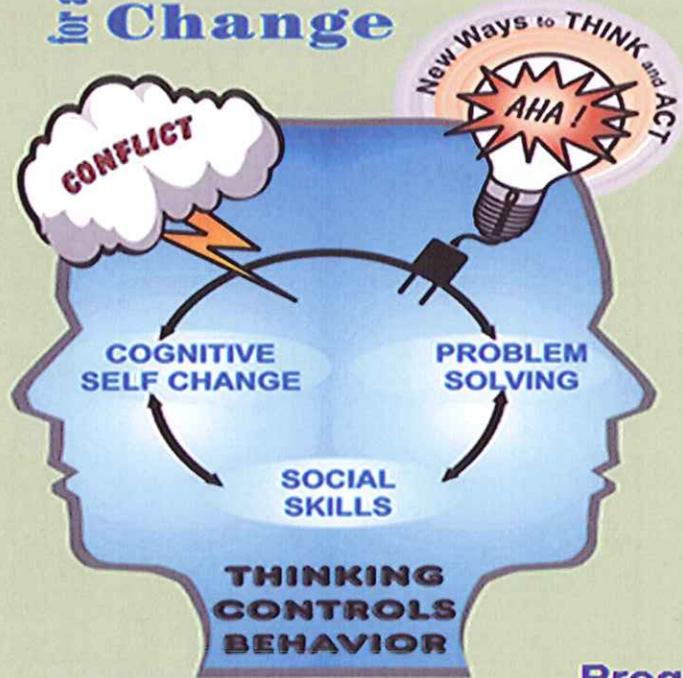
Homework

- **Between now and next session identify a situation that caused you some type of problem**
- **Identify what you did in that situation that helped you to not make the problem worse**



10

Thinking for a Change



Program Organizer

All 6 Problem Solving Skills – Role Play Directions

Here is a chance to use everything you have learned in problem solving. Using the problem situation selected by your group:

Planning

One group member will need to write down the information for each of the skill steps. Use Handout 24-2: Problem Solving Role Play Plan. As a group, decide what information goes into each step.

1. **Review** each problem solving skill. You will present your role play in 6 acts; one skill at a time. The large group will provide feedback to you after you role play each skill.
2. **Plan** how you will role play each step of the skills for your problem.
3. **Choose** a role for each group member to take on in the role play. If you have only one or two people in your group, it is okay for someone to play more than one role. Here are jobs for each role:

- **Narrator Role:**

- Describe the problem to the large group
- Identify if it is a “time to think” or “in your face” problem
- Introduce the skill and each step. After the role play of the skill, ask the large group to identify the information from each step of the skill

- **Problem Solver Role:**

- Demonstrate the steps of each of the problem solving skills. For example, for skill 1: **stop and think**, identify warning signs and show how to be quiet, get space and calm down

- **Co-actors**

- One or more co-actors will play the role of the person(s) with whom the problem solver is working with to resolve the problem. This is the person(s) with whom the problem solver has the problem
- Other co-actors will help the problem solver with the problem solving skills
 - Different co-actors can discuss different skills with the problem solver
 - One co-actor should help the problem solver evaluate how he/she has done by doing steps 2 and 3 of problem solving skill 6 with the problem solver

What will you do with your body to get some space?

3. Calm down

What new thinking will you use to calm down?

What actions will you take to calm down?

**Problem Solving Skill 2:
State the Problem**

Discuss steps 1, 2, and 3 (below) with a co-actor. Then put everything together into clear problem statement, following the formula.

Step 1: Identify a warning sign.

What warning sign will you identify?

Step 2: Describe what happened, objectively.

How will you describe the situation objectively?

Step 3: Describe your risk reaction

What is your risk reaction?

Put it together in a problem statement starting with "I."

I (think or feel) _____
because _____
and my risk reaction is _____

(Continued on Next Page)