

Problem-Solving Practice

Name: _____

In the box, write about a problem that you are having. Then complete the rest of the page.

What is the problem that you will work on?

UNHELPFUL THOUGHT ABOUT PROBLEM

HOT SEAT THOUGHTS

POSSIBLE THINGS YOU COULD DO ABOUT IT

Which one is best? Think about the pluses and minuses, or pros and cons, of each, and put a ** next to the one you want to try first.

Try it! How did it work?

Problem-Solving Assignment

Name: _____

This week, I am going to:

1. _____

THIS SHOWS YOU HOW I FELT WHEN I DID IT:

WHEN / WHERE?		Feeling Thermometer Rating		
		BEFORE	AFTER	HIGHEST
1st time				
2nd time				
3rd time				
4th time				
5th time				

2. _____

THIS SHOWS YOU HOW I FELT WHEN I DID IT:

WHEN / WHERE?		Feeling Thermometer Rating		
		BEFORE	AFTER	HIGHEST
1st time				
2nd time				
3rd time				
4th time				
5th time				