



If you notice that you don't feel good about something, its' time to problem solve.

- 1. Describe the problem.
- 2. Think about your goal
- 3. Brainstorm options (there are always options)
- 4. Think of the possible consequences
- 5. Choose what's right for you

(and if it doesn't work out, problem solve some more, or

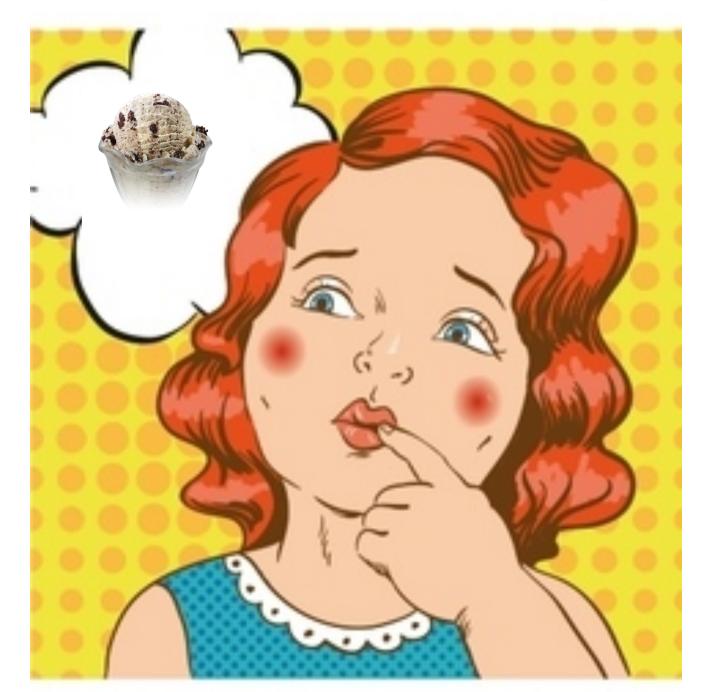
ask for help)

Because no matter what happens, there are always options

Example...



Step 1 - I notice my feelings...



Step 2 -



My Goal - Eat Cookies and Cream Ice-cream
Today!





I Notice My Feelings

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Because no matter what happens,

Step 3- It's time to brainstorm options

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I Notice My Feelings

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Because no matter what happens,

Step 4 - Think of possible consequences

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Step 5 - Choose what's right for you

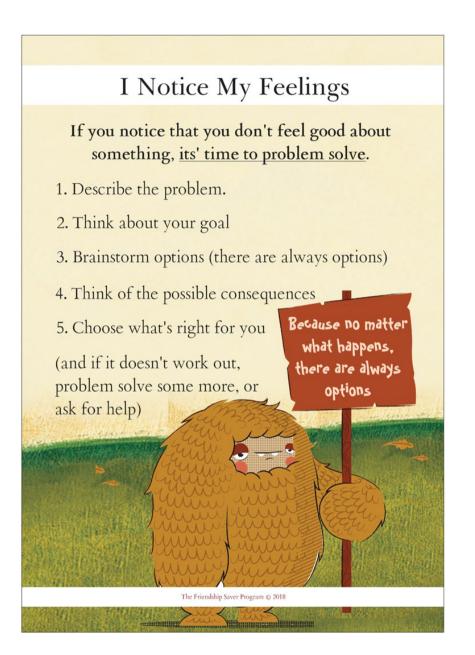


Strategies Check



My best friend is moving to Queensland to live, forever!







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