

# Real Life Problem Solving

In 5 steps



# I Notice My Feelings

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!





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Step 3- It's time to  
brainstorm options

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# Step 4 - Think of possible consequences



Step 5 - Choose what's right for you



# Strategies Check



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





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### Aggression

Others get hurt  
Problem gets bigger

### Coach

Helpful realistic self-talk

### Give in give up

Others might not know  
that you're hurt

### Talk it through

Talk and listen to find a  
solution together

### Avoid

Others are confused  
frustrated or hurt  
Problem doesn't  
go away

### Seek help

To learn a  
new way

Strategies  
X that might  
Damage

Strategies  
★ that might  
Repair

Strategies in Conflict, Difference  
and Disagreement

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