

## Problem Solving

1. **Use** a strategy to calm down and be respectful.
2. **Think** about or **say** the problem out loud.
3. **Ask** yourself if this is your own problem or involves someone else.
4. **If it involves others**, ask to talk to them about the problem and agree to listen to each other without interrupting.
5. **Say** the problem, **discuss** 2-3 options to fix it and possible consequences for each choice to find the best solution you both can agree on.
6. **If it is your own problem**, use positive self-talk to think about ways you can try to fix the problem or if you need to ask for help.