How To Solve Social Problems Before or After They Become Problems

1. Describe the problem:_____

2. Who has the problem? _____

3. List 2-3 choices you have to solve the problem:

Choice 1	Choice 2	Choice 3

4. List the possible related consequences for each choice:

Consequence for Choice 1	Consequence for Choice 2	Consequence for Choice 3

5. List what number choice (s) you will make based on the consequence you want. _____

6. When will you start to apply your choices to solve your problem? _____

7. Who do you need to talk to, to do this?_____

8. When and where will you talk to them?_____

9. What will you say?
_____

_____

_____

10. You are likely to feel some stress or anxiety talking to this person. What is your strategy for managing your anxiety? _____

_____

11. Once you've applied your choices, evaluate your success. Did you solve the problem?

    If yes, great job!
    If no, re-evaluate your choices/consequences. Figure out what you need to do differently and then try again!

    To learn how to use this thinksheet check out the article Problem Solving Is At the Heart of Social Thinking, at www.socialthinking.com