

## How to Solve Social Problems Before (or After) They Become Problems

1. What's the problem? \_\_\_\_\_
2. Whose problem is it? \_\_\_\_\_
3. Think flexibly: what are some good and not-so-good choices to solve the problem?

Choice 1 (not-so-good choice)	Choice 2 (good choice)	Choice 3 (good choice)
Example: Do nothing to address the problem		
↓	↓	↓

4. Make smart guesses: what's the likely consequence for each choice?

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

5. List which choice number(s) you will make based on the desired consequence. \_\_\_\_\_
6. Get started: when will you start to apply your choices to help solve your problem? \_\_\_\_\_
7. Who do you need to talk to do this? \_\_\_\_\_
8. When and where will you talk to them? \_\_\_\_\_
9. What will you say to help others understand the problem in a way that makes them feel OK?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
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. Is the problem feeling less "big"?  
\_\_\_\_\_

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