

# CBT Problem Solving

## Worksheets

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. What steps can you take to resolve a conflict with a classmate?

---

---

2. Describe a time when you had to work together with others to solve a problem. What was the problem, and how did you contribute to the solution?

---

---

3. How can you handle a situation where you feel left out or excluded by your peers?

---

---

4. What are some ways you can support a friend who is going through a difficult time?

---

---

5. What should you do if you witness someone being bullied at school?

---

---

6. How can you effectively communicate your feelings when you are upset with someone?

---

---

7. What are some strategies you can use to stay calm and focused when faced with a challenging situation?

---

---