

Problem Solving Worksheet/Contract

The rules of this worksheet and all people involved in this problem are to:

- Solve the problem
- Tell the truth
- Listen without interrupting
- Be respectful
- Take responsibility for carrying out the agreement
- Keep the situation confidential in our classroom.

It's time to take action. Walk through a problem through these questions.

1. What is the problem?

2. Why am doing what I am doing? CIRCLE ONE

Is it because something hurts me?

Something that I need that I am not getting?

Something that I dislike in them because I don't like it in myself?

3. How would it feel if someone did what I am doing to me? Circle one

Angry

Frustrated/Annoyed

Embarrassed

Fearful

Hurt

Lonely

Not cared for