

REACHING OUT

Sometimes it is difficult to come up with solutions to our problems on our own. We may want to reach out to a trusted adult or friend for support. We can ask them how they would solve the problem or sometimes watch them solving a similar problem. Talk to a trusted advisor about a problem you have or might have, then talk yourself through how you would solve the problem. Use the following chart to write out the steps.

What is my problem?

Who can I talk to, and how would they deal with this problem?

When and how will I implement this plan?

What will I say to myself as I implement the plan?

How did the plan work? Would I change anything for next time?