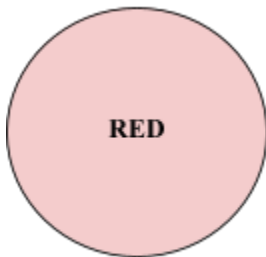


STOPLIGHT PROBLEM SOLVING

We are presented with problems every day. We have to think about different ways we can handle problems and make decisions about what to do or say. Some problems are easier for us to solve, and others can be more difficult. Obstacles, such as acting before thinking, allowing our feelings to take over, and not seeing any other solutions, may cause us to make poor decisions and not solve our problem. This stoplight activity can help you think about how to solve a difficult problem. Think about a problem you might have, and apply the following steps to it.

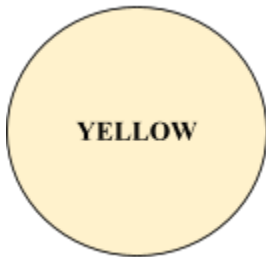
Problem Solving Steps



- 1. Stop** and think about the problem. Take a few deep breaths.

What is the situation? _____

What are the positives and negatives? _____



- 2. Slow down** and make a plan.

What could you do/say? _____



- 3. Go ahead** with your plan.

What will probably happen if you use your plan? _____

