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

1. **How do I know I have a problem?** _____

2. **What's the problem?** _____

3. **Is this problem one I need to help solve?** _____

4. **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		
⬇	⬇	⬇

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

Consequence for Choice 1	Consequence for Choice 2	Consequence for Choice 3
⬇	⬇	⬇

6. **List which choice number(s) I will make based on the desired consequence.** _____

7. **Get started: when will I start to apply my choices to help solve my problem?** _____

8. **Who do I need to talk to help solve this problem?** _____

9. **When and where will I talk to them? When?_____Where?_____**

10. **What will I say to help others understand or discuss the problem in a way that likely makes them feel OK?**

    _____

    _____

11. **I am likely to feel some stress or anxiety talking to this person. What's my strategy for managing my anxiety?** _____

    _____

12. **Once I've worked to resolve my problem, evaluate my success. Is the problem feeling less "big"?**
    _____
    If yes, great job!   If no, re-evaluate my choices/consequences. Figure out what I need to do differently and then try again!