

SOCIAL PROBLEM-SOLVING

Think about a social situation. Answer each question honestly.

What happened?

How did I feel?

- | | |
|----------------------------------|--------------------------------------|
| <input type="checkbox"/> Angry | <input type="checkbox"/> Confused |
| <input type="checkbox"/> Sad | <input type="checkbox"/> Embarrassed |
| <input type="checkbox"/> Anxious | <input type="checkbox"/> Frustrated |

What was the problem?

What can I do?

1. _____
2. _____
3. _____

What might happen?

Choice 1: _____

Choice 2: _____

Choice 3: _____

My choice

I will _____

What can I say?

After the situation

How did it go? _____
