

Problem-Solving Sheet

1. What happened?

2. What did I do?

3. What was I supposed to be doing?

4. How could I have reacted differently to avoid or solve the problem? Circle one.

Examples:

- a. Apologize (written or verbal)
- b. Avoid the person or situation (walk away)
- c. Compromise (find a way it works for everyone)
- d. Share
- e. Take turns
- f. Be assertive-say what I need (not aggressive)
- g. Use humor
- h. Talk with an adult
- i. Other _____

5. What do I need to do to resolve the problem? Circle one.

Examples:

- a. Apologize (written or verbal)
- b. Restitution
 - i. Fix it
 - ii. Clean it
 - iii. Pay for it
 - iv. Other: _____

6. Write your plan for Improvement in the box on the other side of this page.

Plan for Behavior Modification

Reasons
for My Behavior

Name _____

Date _____

Teacher _____

Description of
My Behavior

Consequences
of My Behavior

Plan for Improvement:

Signatures Needed:

Student: _____

Teacher: _____

Parent: _____