WHEN YOU HAVE A PROBLEM:

STOP, CALM DOWN, & THINK before you act

say the PROBLEM and how you FEEL

set a POSITIVE GOAL

think of lots of SOLUTIONS

think ahead to the CONSEQUENCES

GO ahead and TRY the BEST PLAN

Figure 4-2. Six-step Framework for Social Problem Solving. Source: © Roger P. Weissberg and M. Z. Caplan.