Put these problem-solving steps in order from 1-6. Start by putting a “1” by what you should do first when you are in a situation that makes you angry. Then put a “2” by what you should do second. Finish numbering the rest of the steps in the correct order.

___ I calm down
___ I know I’m angry
___ I try a solution
___ I think about how it turned out
___ I think about the cause
___ I think about what I could do

If you know how to solve your problems you can usually … (Put a √ by each answer you choose.)

___ Reach your goals.
___ Get what you want and need.
___ Be in control of your actions.

Example: Mary was standing in line for lunch when Brian cut in front of her.

How do you think Mary felt?

____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

Do you think there might be a problem here?

___ Yes
___ No

Explain why you think Mary did or did not have a problem.

____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
Do you think you would have felt the same way Mary did?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
Why or why not?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
What do you think Mary did after Brian cut in front of her?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
Would you have done the same thing?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
How Did I Do?
Think about what you did during the *Tools for Getting Along* lesson today. Then record the number of points you think you deserve for each item below. If you get most of the points, give yourself a pat on the back!

___ I listened. (0-3 points)
___ I participated. (0-3 points)
___ I cooperated. (0-3 points)
___ I completed my Tool Kit. (0-2 points)

TOTAL _______