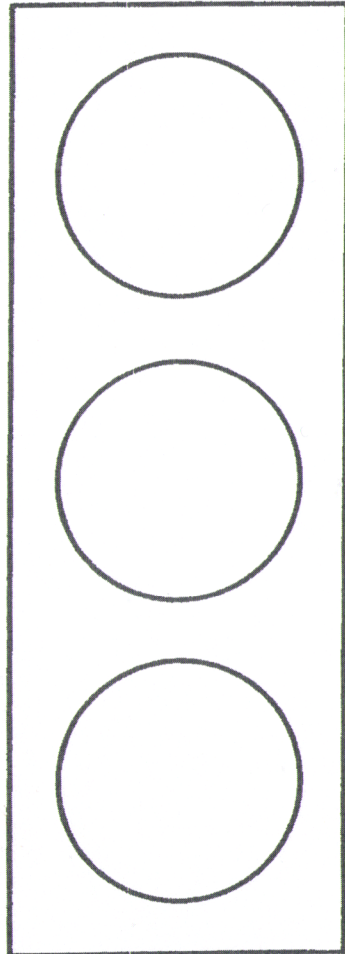# WHEN YOU HAVE A PROBLEM:

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.