

PROBLEM-SOLVING WORKSHEET

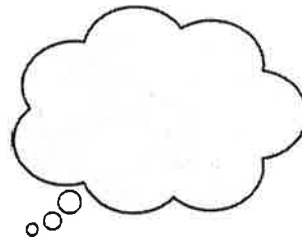
1. Are you willing to use your DEAR MAN skills to discuss what happened with staff?

YES, I am

NO, I am not willing. I need more time.

2. What events led to your current situation?

3. What other things were you thinking about today that have added to your stress?



4. What were you feeling and what was the cause of the emotion (thoughts or ideas)?

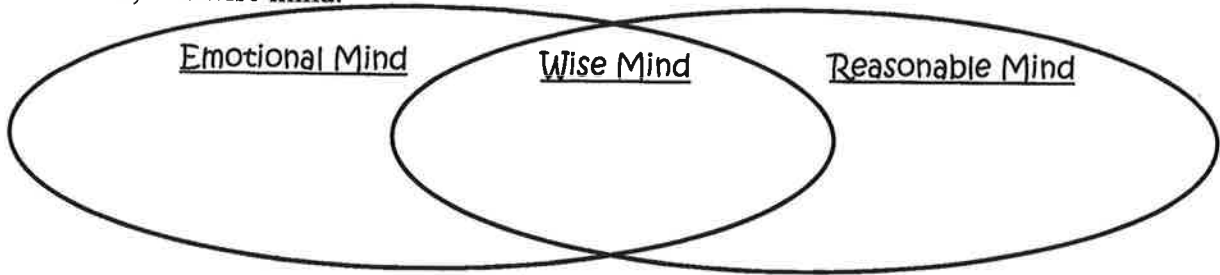
- Primary Emotions (pick at least one): Anger, Disgust, Envy, Fear, Happiness, Jealousy, Love, Sadness, Guilt, or Shame.
- What else were you feeling underneath the feeling (but not a different word to describe the same feeling)?
- What emotion was the strongest?

5. Which behaviors were impulsive and which were planned/revengeful?

Things I did without thinking:

Things I did on purpose:

6. List behaviors that you did or wanted to do that would be emotional mind, reasonable mind, and wise mind.

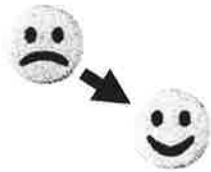


7. What skills helped you calm?



- **Mindful Moment** – if yes, what mindfulness activity did you use? For example, relaxation music, nature sounds, “Ready, Set, Release Guided Imagery,” etc.

- **Opposite Action** – if yes, what was the urge/impulse that you resisted and what opposite action was taken instead?



- **Self-Soothe with any of the 6 senses** – if yes, what self-soother strategy was used? For example, listening to music, drink of water, ice pack, etc.

- **Positive Life Events** – if yes, what positive life event did you use to think about to help with calming?



8. Is there something you would like staff to do differently next time to help?

- What did staff do that you found helpful?
- What stopped you from accepting help from staff?

9. Next time I am thinking/feeling this way, I can... (list skills to use)

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10. What do I need to do now to rejoin group? Am I willing to do it?

Examples: Activities to Amend, Restorative Justice, Give-Back Action, Accountability/Natural consequences, etc. (Apologizing, picking up after oneself, etc.)