



## PROBLEM SOLVING THINK SHEET

1. What is the problem? What is it that you do not agree about?  
e.g. The problem is "that we can't agree about..."
  - \* whose turn it is
  - \* what was said

Hint: The problem begins with "we" not "he", "she" or "they".

2. List some possible solutions.

3. Prioritise your choices and try one.

### LATER...THINK ABOUT THE FOLLOWING QUESTIONS

Did your solution/s work?

What could we do next time?

Can we decide something about the situation now so conflict does not happen again nex time?

Do we need to 'dialogue'?

("I feel" statements and reflective listening - being sure you understood how the other person felt)