

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 some choices and try one.

Later...

4. Think about the following:

- Did it work?

- What could we do next time?

- Can we decide something now so it does not happen again?

Do we need to 'dialogue'? ("I feel" statements and reflective listening - being sure you understood how the other person felt)