

# BUILDING SOLUTIONS WORKSHEET

WHAT IS THE PROBLEM?

WHAT ARE THE FACTS?

WHAT ASSUMPTIONS AM I MAKING?

WHY IS THIS A PROBLEM/ IMPORTANT TO ME?

HOW DO I FEEL?

ANGRY	DISAPPOINTED	SAD	HURT	FRUSTRATED
HELPLESS	EMBARASSED	SCARED	NERVOUS	TIRED
WORRIED	DISRESPECTED	SHY	BORED	SICK
EXCITED	HAPPY	SILLY	PLAYFUL	CALM

HOW CAN THE PROBLEM BE SOLVED?