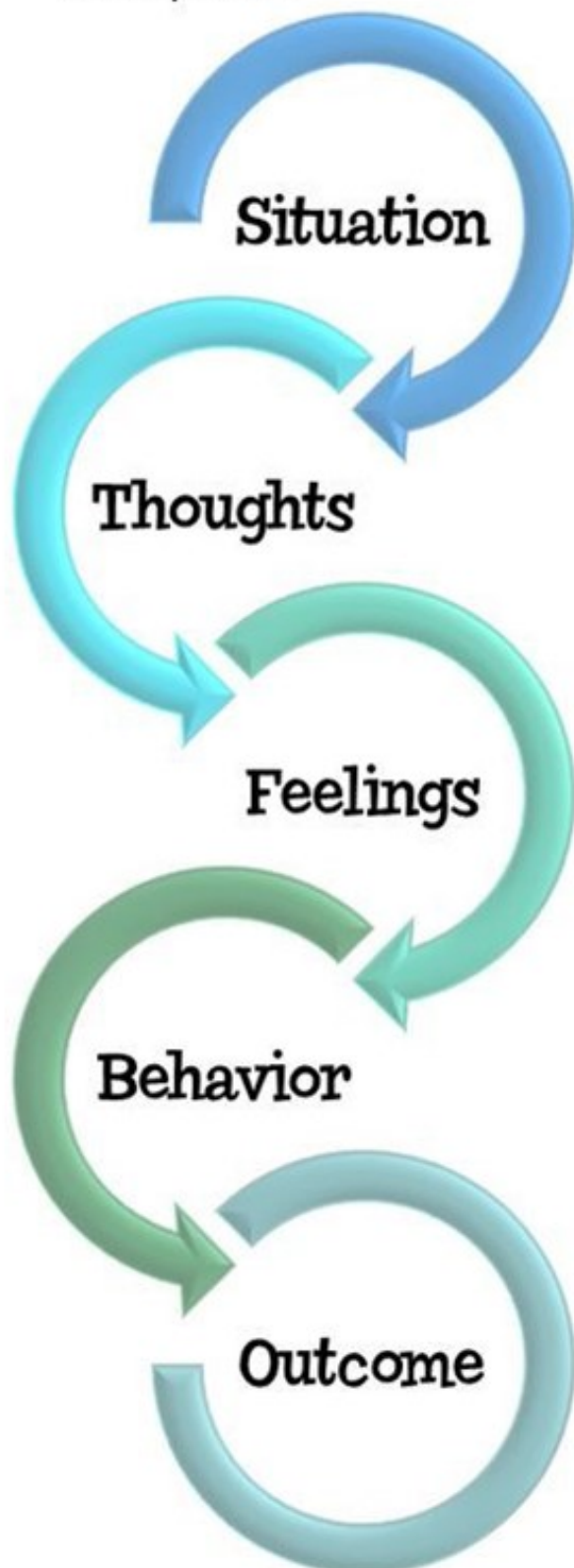


# PROBLEM SOLVING

When an event happens, what you think will affect what you feel and what you do.



Describe the situation:

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What were your thoughts?

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How did you feel?:

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What were your behaviors (how did you react?):

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What was the outcome?

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