

Student's name: \_\_\_\_\_ Scenario # \_\_\_\_\_

Student Worksheet- Lesson 7

## Problem-Solving Step 2: Stop and Get Ready to Think!

Directions: Answer the questions as if you were student A in your assigned skit. Discuss your answers with your partner before writing down the answers. Be ready to share your answers with the group.

1. REACTION: What would you do if you followed your first impulses (without thinking)?

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2. SELF-TALK COMMAND: What could you say to yourself to stay calm?

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3. RESPONSE: How would you respond thoughtfully?

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4. REHEARSE: Go through the scene again. Practice saying your thoughtful response to your partner the way you would say it in real-life.