

Problem Solving Self-Reflection Tool



Directions:

1. Think about an argument or difficult conversation you recently had.
2. Check the boxes below to identify communication skills you chose to use.

I chose to . . .	Yes
Use a strategy to calm my brain's alarm system when I had a strong emotion.	
Use curiosity and word banks to identify my feelings and needs.	
Use curiosity and word banks to wonder what the other person's feelings and needs might be.	
Tell an organized story about my perspective of the problem.	
Listen to their story without interrupting to understand their perspective.	
Retell their story including their feelings and needs.	
Think of 3 possible solutions and chose the option with the best outcome for both of us.	



I choose to practice the following skill to help grow my ability to have difficult conversations and solve problems:

You already have skills, AND we can learn better communication skills our whole lives!

Directions: Fill in the blanks with a word that makes the most sense to you.

1. Reflecting on the choices we made during a recent conflict can help us grow _____ communication and problem solving skills.
2. We solve our disagreements by using specific communication _____.
3. Positive relationships with other _____ are central to success in school and life.
4. Disagreements can result in strong unpleasant _____ that often interfere with our ability to have difficult problem-solving conversations.
5. Establishing peer, family and work relationships requires skills in cooperating, communicating respectfully, and peacefully resolving _____ with others.
6. Solving social problems require us to recognize the thoughts, feelings and perspectives of others, including those that are _____ than our own.