

## Problem-Solving Sheet

1. What happened?
  
  
  
  
  
  
  
  
  
  
2. What did I do?
  
  
  
  
  
  
  
  
  
  
3. What was I supposed to be doing?
  
  
  
  
  
  
  
  
  
  
4. How could I have reacted differently to avoid or solve the problem? Circle one.

Examples:

- a. Apologize (written or verbal)
- b. Avoid the person or situation (walk away)
- c. Compromise (find a way it works for everyone)
- d. Share
- e. Take turns
- f. Be assertive-say what I need (not aggressive)
- g. Use humor
- h. Talk with an adult
- i. Other \_\_\_\_\_

5. What do I need to do to resolve the problem? Circle one.

Examples:

- a. Apologize (written or verbal)
- b. Restitution
  - i. Fix it
  - ii. Clean it
  - iii. Pay for it
  - iv. Other: \_\_\_\_\_

6. Write your plan for Improvement in the box on the other side of this page.

# Plan for Behavior Modification

Reasons  
for My Behavior


Name \_\_\_\_\_

Date \_\_\_\_\_

Teacher \_\_\_\_\_

Description of  
My Behavior

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Consequences  
of My Behavior


Plan for Improvement:


Signatures Needed:

Student: \_\_\_\_\_

Teacher: \_\_\_\_\_

Parent: \_\_\_\_\_