

STEP Problem Solving

Both People

Person #1

Person #2

Examples

1. STOP. Take a deep breath.

2. "I feel _____ when I _____ ."

Ex. "I feel upset when I don't have a pencil." "I feel hurt when I think people are talking about me."

3. (Listen and repeat) "You feel _____ when you _____."

4. "I want/ need _____."

5. (Listen and repeat) "You want/ need _____."

6. "I feel _____ when I _____ ."

7. (Listen and repeat) "You feel _____ when you _____."

8. "I want/need _____."

9. (Listen and repeat) "You want/need _____."

10. Think of Solutions (Take turns).

Ex. "We could...." or "What if we ...?" Or "Let's ..."

11. Agree? Shake hands, high five, fist bump, hug, etc.

Disagree? Go back to think of a new solution.