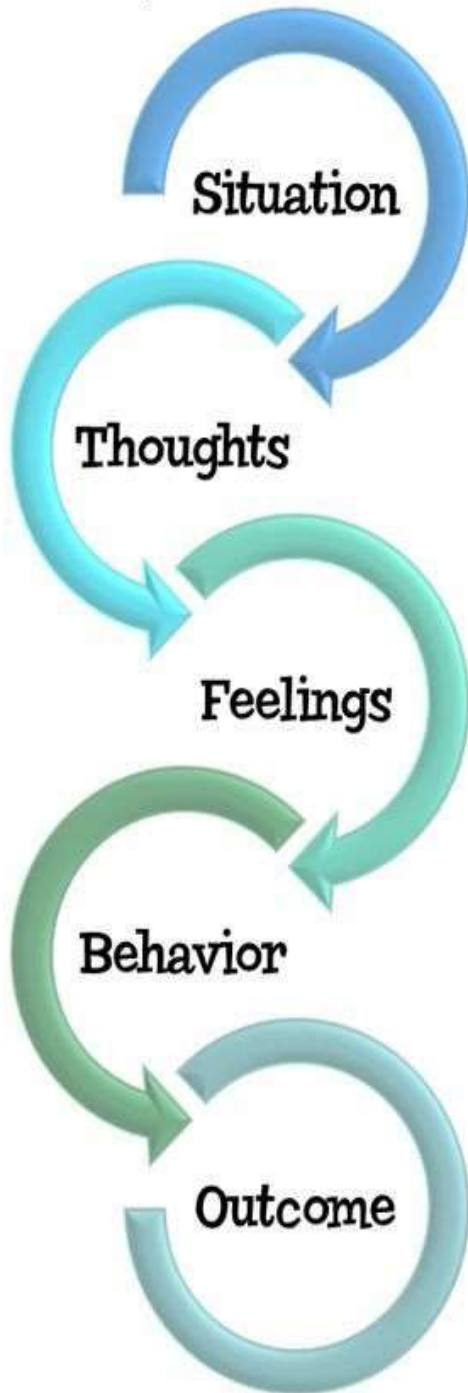


PROBLEM SOLVING

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



Describe the situation:

What were your thoughts?

How did you feel?:

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

What was the outcome?
