

Solving Problems My Way!

1. Pick two strategies you like best to help solve problems and resolve conflicts. Try to practice these strategies in the days and weeks to come to build better relationships. Put an “X” in the boxes next to the two choices you are making:

- Make sure to check for others’ perspectives (to see the whole “elephant”)
- Follow the steps on the problem-solving path
- Weigh pros and cons in options for solutions
- Use “Yes and ...” instead of “Yes but ...”
- Use levels of agreement
- Find the positive opportunities in setbacks
- Describe a strategy of your own:

2. Think of a situation where you might use these strategies:

3. Think of a person with whom you can practice or apply these strategies:

We will check back in a few weeks to see how these strategies are working for you!

