

Figure 7.1: Think Sheet for Identifying an Emotion to Solve a Social Problem

Name: _____ Date: _____

1. Self-empathy: What am I feeling? How do I feel?



Embrassed



Disappointed



Worried



Jealous



Sad



Frustrated



Angry



Confused



Afraid

2. Gather information: What do I know? What do I need to know? What is similar, and what is different?

3. Brainstorm: How can I solve this problem? What are possible solutions? What can I do?

- | | |
|--|---|
| <input type="checkbox"/> Take three deep breaths | <input type="checkbox"/> Talk to a teacher |
| <input type="checkbox"/> Move somewhere else | <input type="checkbox"/> Count backward |
| <input type="checkbox"/> Think calm thoughts | <input type="checkbox"/> Do something else |
| <input type="checkbox"/> Use self-talk | <input type="checkbox"/> Chill (take a break) |

4. Evaluate: What is the best way to solve this problem? Does this make sense?

5. Plan and act: What do I do first, second, and so on? Does this work? Is this working?

6. Reflect: Did it work? How do I know? Do I need to go back and try again?

- ☐ I feel calmer now.
- ☐ I still feel upset.