

Think and Ask Yourself

1. How am I being treated?
2. Was the disrespect intended?
If not, Forget About It.
3. If I was disrespected, why did the other person disrespect me?
4. Remember, respecting yourself is the most important!
5. Think about the consequences to your reaction.
6. Take your time and carefully respond.

Solving A Problem

(Out Loud)

1. My problem is?
2. The solutions are, I can _____, I can _____, or I can _____.
3. Ask yourself:
Is my solution safe? How might people feel about the solution?
Is the solution fair? Will the solution work?
4. I will choose to _____.
5. (After trying the solution)
Did the solution work?
6. If it didn't work: I will try _____.