

Rate the Problem & your Reaction to the Problem

Describe a “problem” situation you encountered recently:

Rate this problem situation on a scale of 0-10 (0 being a small or non-existent problem): _____

Describe your behavior or reaction to or during this situation:

Rate your reaction to this situation on a scale of 0-10 (0 being completely calm or appropriate reaction): _____

Does your behavior/reaction match the situation? Is your behavior/reaction making the situation better or worse?

Let’s discuss alternative behaviors that could have made this situation better, how can you prevent these situations from happening in the future?