

Here's how a STAR Problem Solver might deal with the situation

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Step 1 Stop!

I won't make a decision right away. I'll stop for a minute to think about it.

Step 2 Think

I'll think about the problem and decide what it is:

Problem:

I want to be with these other kids but I don't want trouble.

I'll think about all my possible choices of action:

1. Go along with them and pretend everything was okay.
2. Pretend that I have something else to do - go home, babysit, meet someone else - and just leave.
3. Return the challenge:
 - Say NO and look like I really meant it.
 - Return the dare - Are you scared to go by yourself?
 - Suggest something else to do - like going to play video games.

Then, I'll think about the consequences of each alternative. For example, if I go along with the group, I might get caught and get in big trouble.

Step 3 Act

I'll choose the action that's safest and fairest and stick to it. I'll make sure no one gets hurt!

Step 4 Review

I'll think about my choice. I'll ask myself if my choice allowed me to be with friends and stay out of trouble. I'll ask myself if I would do make the same choice next time or try something else.

See Next Page
for some sample
situations to test
your problem
solving ability.