



Friendship Problem Think Sheet

Date: _____

Name: _____

Teacher: _____

Grade: _____

1. What is your friendship problem:

2. Have you completed a Friendship Problem Think Sheet about this problem before?

- Yes
 No

3. How often has this happened?

4. Who is involved (who are you angry with, who do you have the biggest problem with)?

5. Who is a witness (who saw what happened)?

6. What have you already done to try to solve your friendship problem?

- Ignored/Walk Away
 Used a quick comeback, made a joke about it, or agreed with them
 Took time to cool off
 Found someone else to play with
 Asked them to stop
 Decided to take turns or share
 Talked it out/used the Peace Rose
 Apologized
 Decided to not make a big deal out of it
 Changed my behavior
 Brought up at a class meeting
 Talked to another adult. If so, who: _____
 Other:

7. Considering the above options, which are you now willing to try to solve this friendship problem?

8. Remember you can't change other people's behavior, but you can change your reactions to others. How could you react differently to this person?

9. Do you think that you can solve this problem on your own?

- Yes
- No, if no why not:

10. It is really important that friendship problems do not interfere with classroom instruction. So, are you willing to use your recess time to meet with the counselor?

- Yes
- No



Counselor reply (Do not write in this section):

- Good job thinking this through, you have good ideas, I know you can solve this on your own!
- I can see that you've tried to solve this problem on your own and need more help. I will call you down when I'm available.
- Your problem sounds like it is on-going and severe, so I am going to refer this problem to the principal.
- Other:
