Skill 46: Deciding What Caused a Problem

Skill Steps

1. Decide what the problem is.
   Discuss how students can recognize a problem: by the way they feel inside, by what someone said to them, or by how someone acted toward them.

2. Think about what may have caused the problem.
   Discuss how to evaluate possible causes of a problem: one’s own behavior, someone else’s behavior, or no one’s fault.

3. Decide what most likely caused the problem.
   Discuss how to determine the most likely cause.

4. Check it out.
   Encourage students to ask someone, either the other person or an impartial judge.

Suggested Modeling Situations

- School: The teacher seems angry with you.
- Home: Your parents have an argument, and you think it is about you.
- Peer group: You feel angry at a friend but don’t know why, or you feel that someone doesn’t like you.
- Community: Your parents won’t let you play with friends at a community event.

Comments

This skill is intended to help students distinguish between the problems that they are responsible for and those due to factors outside their control. This is a good skill for students who have difficulty accepting that their own behavior may have caused or contributed to a problem.
Homework Report 1

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Name _______________________________________________________________ Date ____________________________

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3. Decide what most likely caused the problem.

4. Check it out.

**FILL IN NOW**

With whom will I try this? ________________________________________________

When? __________________________________________________________________

**FILL IN AFTER YOU PRACTICE THE SKILL**

What happened?

________________________________________________________________________

________________________________________________________________________

How did I do? 

[ ] [ ] [ ]

Why did I circle this? ____________________________________________________
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Name _________________________________________________________________ Date ____________________________

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3. Decide what most likely caused the problem.

4. Check it out.

When did I practice? | How did I do?
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