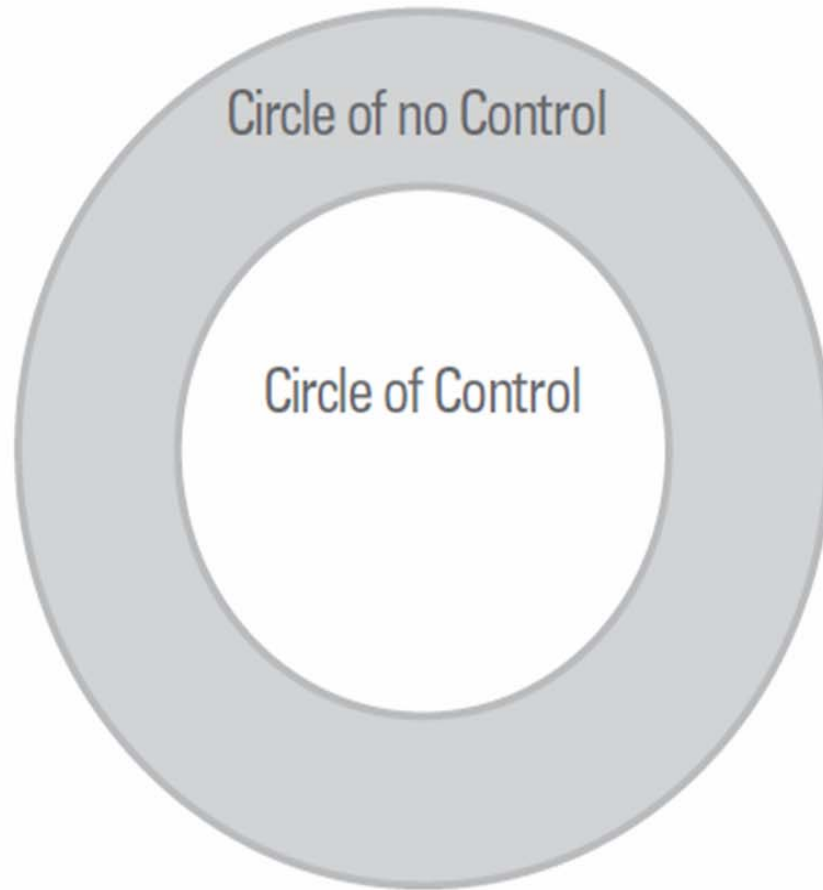


A spiral-bound notebook with a light-colored, textured cover. The spiral binding is on the left side. The text is centered on the page.

DeBug

Longacre's Proactive
Problem
Solving Steps



FranklinCovey

www.theleaderinme.org

The
Leader in Me

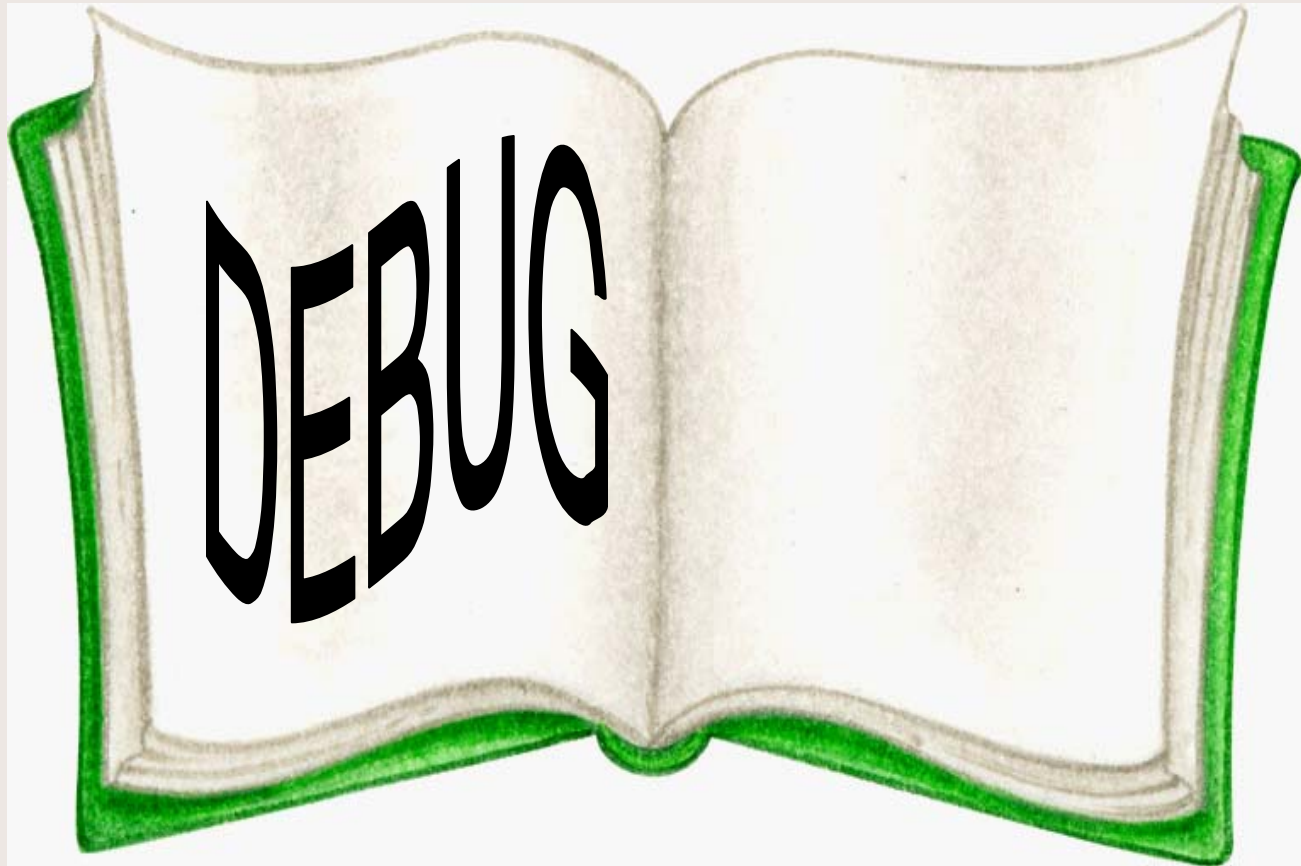
You decide...Circle of Control or No Control?

- A rainy day
- Whether you are happy or sad
- A parent's bad day
- A barking dog
- Helping someone
- The time you go to bed
- A conflict you are having
- What you eat
- What you play
- Who your friends are
- Traffic
- Someone getting sick
- Where you were born

Circle of Control

- There are many things you have control over
- When things happen that we have no control over (like the weather), it's better not to let it upset you
- The more time you spend on the things within your Circle of Control, the more satisfied you will feel

How to “proactively” solve a problem at Longacre



DeBug: Step 1

- Look away, no contact
- Don't talk to the person
- Decide if this is something that is important



DeBug: Step 2

- Move to another area that is away from the person
- Don't talk to the person just move away



Step 2

**Move
Away**

DeBug: Step 3



Step 3

Talk Friendly

- Ask the person to stop
- Use nice words & a polite tone of voice
- Example: “Would you please stop taking things off of my desk?”

DeBug: Step 4



Step 4

Talk Firmly

- Use an “I Message” or a “Bug and a Wish”
- Strong, firm voice but not mean

“I Message”



Person's Name: _____

I feel _____

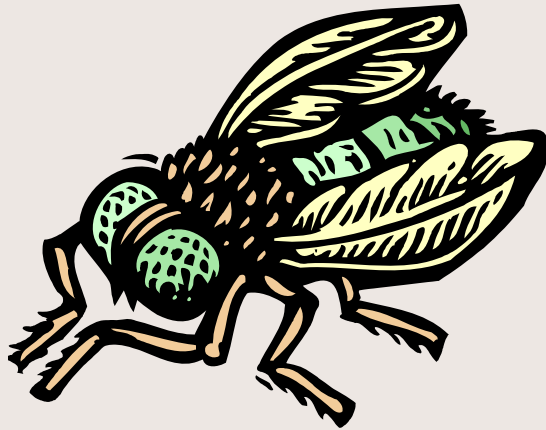
When you _____

Because _____

And I want

Bug and a Wish

It Bugs me when you push me
I Wish that you would stop.



Let's Practice

It **Bugs** me when you _____

I **Wish** you would

“I- Message”

Example:



“Bob, I feel sad when you call me names because it hurts my feelings, and I want you to stop!”

Now You Practice

- Someone took your favorite pencil off your desk.

Person's Name: _____

I feel _____

When you _____

And I want _____

I Message Practice

Someone called you a name. Give an I message

- Person's Name: _____
- I feel _____
- When you _____
- And I want _____

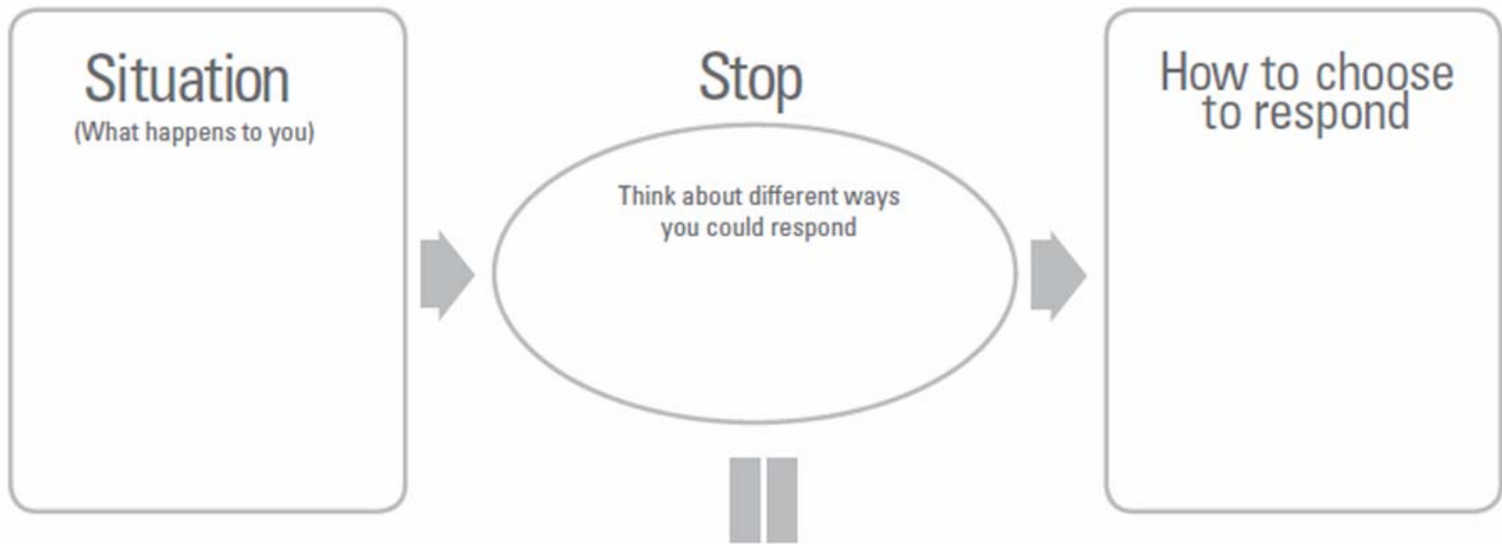
DeBug: Step 5

- Get Adult Help for the 3D's:
Dangerous
Destructive
Disturbing
- Or if you have tried steps 1-4 and the problem continues

Get Adult Help



Let's Practice: Stop & Think



Be Proactive

- Stop & Think about different ways you could respond if:
 - Another student takes the ball you were playing with
 - A student is being teased
 - Someone isn't following the rules to a game
 - Your friend is talking about you

Tips for staying calm

- S.T.A.R- Stop
Take a Deep Breath
And Relax
- Calm your body
before using your
words



Let's review

- DeBug
 - Step 1- Ignore
 - Step 2- Move Away
 - Step 3- Talk Friendly
 - Step 4- Talk Firmly “I-message”
 - Step 5- Get Help