Allen solves a problem

**What is the problem?**

- What is wrong?
- How do I feel? Do I need to calm down so I can think about what to do?
- What would I like to happen? Would that be fair?

**What can I do about it?**

- What can I try? And what might happen if I do that?
- What else could I do about it? And what might happen if I do that?
- Can I think of any other ideas? And what might happen if I try them?

**Which is the best idea for me to try?**

- Which one will I try first?
- Do I need someone’s help?
- When should I try my idea?

**How well did my idea work?**

- After I tried my idea, how did it go?
- Would I do that again?
- What else could I do now?