

EQ in your PJs

Social Emotional Learning (SEL) Online with R. Keeth Matheny

NAVIGATING RELATIONSHIPS IN TIGHT QUARTERS Part 4: Solving Problems & Boosting Relationships

In video 4, what did Mr. Matheny mean by “curious rather than furious?” And how does that apply to resolving problems with friends or family members?

Think of a dilemma or conflict you have experienced recently. Describe the situation:

Now, apply the steps of **SOLVE** to that conflict:

① Stop & Think

- How are you feeling about it?
- If in a red zone, what could you do to cool down?



② Objectively State the Problem.

- How would you describe the problem from your perspective?
- How do you think the other person would describe the problem?

③ List Options.

Possible Options:

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What are the pros and/or cons of this option?

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④ Voice Your Choice and Act

- Which option do you think would work best? Even better, discuss it with the other person/people involved in the dilemma and work together to agree on the best possible solution.

⑤ Evaluate and Adjust

- Is the solution working? If not, what can you do to make it better?

PASSWORD to Video 5: Mr. Matheny said, “Solving problems actually make our relationships _____.
Problems really are opportunities to strengthen the relationship by moving through them effectively.” [no caps]