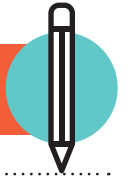


Problem Solving Scenarios



I went to school to get my exam results. I collected my envelope along with my friend. We went outside and opened our envelopes. My friend got better results in every subject than me, and I got a G in Maths.

How am I feeling?

I am out with my friends that I see every day and on the way I realise they are planning to rob a shop. I don't want to be involved.

How am I feeling?

I have realised that I really like one of my close friends and I don't know how they feel about me. If I say something I might change the friendship.

How am I feeling?

I am at a crowded party and somebody spilled rum and coke on my brand new white trainers.

How am I feeling?

I am on a crowded bus and the baby has just gone to sleep. Someone bumps the buggy as they go past.

How am I feeling?

I am waiting to pay for my shopping which is heavy and someone pushes in front of me. They stared right in my face.

How am I feeling?

My best friend whom I have known since I was five years old has just told me that they are gay.

How am I feeling?

All my friends are talking about going further in their relationships. Sometimes I know my partner also wants to, but I'm not sure.

How am I feeling?

My mum died last year and my friends keep telling me about things they are doing with their mums and things their mums are doing for them, like going on holiday together. I don't know how to tell them that I'm not ready to be hearing about things like that.

How am I feeling?

I was in a relationship and I had a lot of issues and I hit my partner. My partner used to always stop me and calm me down. Now roles are reversed and my partner is hitting me.

How am I feeling?

My family threw me out when they found I was pregnant and now they won't have any contact with me. Sometimes I want someone to babysit my son but I always have to leave him with friends because I don't have contact with my family.

How am I feeling?

When I go out I get a lot of cold stares from people of my own age.

How am I feeling?

I was waiting at the bus stop and someone took my phone. Nobody helped me.

How am I feeling?

