

Plan what can I Do?

Try to stand up for myself in a positive way.

Try to talk with the person I am having a problem with.

Try making a deal or agreement with the other person.

Ignore the situation and keep playing or working.

Talk to a friend to get some ideas to make a decision.

Get help from someone in my support group.

Walk away and ignore the person completely.

When I have a problem I can...

